Free Class Schedule: February 17 - March 29, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hatha Yoga</td>
<td>6:15 - 7:10 am</td>
<td>(A) Adam J.</td>
<td>Pumped!</td>
<td>6:15 - 7:15 am</td>
<td>(A) Stephanie W.</td>
<td>Cycle 55</td>
</tr>
<tr>
<td>Fitness Barre</td>
<td>8:45 - 9:40 am</td>
<td>(A) Pat M.</td>
<td>SilverSneakers® Classic</td>
<td>9:30 - 10:15 am</td>
<td>(G) Shelli P.</td>
<td>Pumped!</td>
</tr>
<tr>
<td>Cycle 55</td>
<td>9:30 - 10:25 am</td>
<td>(B) Carrie C.</td>
<td>Chisel</td>
<td>9:30 - 9:55 am</td>
<td>(A) Tara D.</td>
<td>Combo H2O</td>
</tr>
<tr>
<td>Combo H2O</td>
<td>10:00 - 10:55 am</td>
<td>(P) Sharon G./Shelli P.</td>
<td>HIT</td>
<td>10:30 - 11:25 am</td>
<td>(A) Tresa S.</td>
<td>Core Fit</td>
</tr>
<tr>
<td>Fit &amp; Tone</td>
<td>10:00 - 10:55 am</td>
<td>(G) Bonnie O./Sharon S.</td>
<td>WATERinMOTION®</td>
<td>10:45 - 11:40 am</td>
<td>(B) Beth N.</td>
<td>Cycle 55</td>
</tr>
<tr>
<td>Total Stretch</td>
<td>11:00 - 11:55 am</td>
<td>(A) Stephanie W.</td>
<td>Total Stretch</td>
<td>11:00 - 11:55 am</td>
<td>(A) Peggy W.</td>
<td>SilverSneakers® Classic</td>
</tr>
<tr>
<td>Total Stretch</td>
<td>11:00 - 11:55 am</td>
<td>(A) Marie D.</td>
<td>Pumped!</td>
<td>11:00 am - 12:00 pm</td>
<td>(G) Jann D.</td>
<td>Foam Roller</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>12:00 - 12:55 pm</td>
<td>(A) Renee W.</td>
<td>Mat Pilates Experienced</td>
<td>12:30 - 1:25 pm</td>
<td>(C) Bethann B.</td>
<td>Core Fit Plus</td>
</tr>
<tr>
<td>Core Fit</td>
<td>5:00 - 5:25 pm</td>
<td>(A) Diana P.</td>
<td>Cardio Dance: Zumba</td>
<td>4:30 - 5:25 pm</td>
<td>(A) Colette I.</td>
<td>Total Stretch</td>
</tr>
<tr>
<td>Cycle 55</td>
<td>5:30 - 6:25 pm</td>
<td>(B) Kara S.</td>
<td>INSANITY</td>
<td>5:30 - 6:25 pm</td>
<td>(A) Kelsey F.</td>
<td>Pumped!</td>
</tr>
<tr>
<td>R.I.P.P.E.D.</td>
<td>5:30 - 6:25 pm</td>
<td>(A) Kelsey F.</td>
<td>R.I.P.P.E.D.</td>
<td>5:30 - 6:25 pm</td>
<td>(A) Sarah S.</td>
<td>Adaptive Stretch</td>
</tr>
<tr>
<td>Pumped!</td>
<td>6:15 - 7:15 pm</td>
<td>(G) Sarah J.</td>
<td>Cycle 55</td>
<td>6:00 - 6:55 pm</td>
<td>(B) Brian M.</td>
<td>Chisel Plus</td>
</tr>
<tr>
<td>Fit ‘n Tone H2O</td>
<td>6:30 - 7:25 pm</td>
<td>(P) Rose B.</td>
<td>Cycle Circle</td>
<td>6:30 - 7:25 pm</td>
<td>(B) Tyler B.</td>
<td>Restorative Yoga</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>6:45 - 7:40 pm</td>
<td>(A) Travis B.</td>
<td>Fitness Barre</td>
<td>6:30 - 7:25 pm</td>
<td>(A) Lisa B.</td>
<td>Cycle 55</td>
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<tr>
<td>NEW!</td>
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<tr>
<td>Fitness Barre</td>
<td>7:00 - 7:55 pm</td>
<td>(A) Pat M.</td>
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</tbody>
</table>

Classes and schedules are subject to change. Please search class schedules online at ywcampls.org/schedules for the most up-to-date information.

STAY CONNECTED
DOWNLOAD OUR FREE APP

- View schedules for classes and events at each location
- Add events to your calendar, set reminders and invite friends to join you through our sharing features
- Receive push notifications for last minute cancelations, exciting promotions or important info you need to know
**GROUP FITNESS LEVELS**

**Intensity Level 1**
Light intensity workout that is meant for beginners. All fitness levels are welcome.

**Intensity Level 2**
Moderately intense workout. Beginners are welcome but may have to modify some exercises.

**Intensity Level 3**
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

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**WATER FITNESS LEVELS**

**Intensity Level 1**
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

**Intensity Level 2**
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

**Intensity Level 3**
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

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**ADAPTIVE YOGA/STRETCH**
This class is paced for those with chronic illness concerns, primarily those with Multiple Sclerosis or other autoimmune diseases, including mobility limitations or the need to work slowly or those engaged in injury rehabilitation. This class endorsed by the Minnesota MS Society.

**AQUA INTERVALS**
Interval training consists of alternating segments of work and rest. This format of training has been proven to burn more calories while strengthening your cardiovascular system. Class consists of 30 minutes of intervals, stretching and core work.

**AQUA ZUMBA H2O**
Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**BALLETT BARRE**
Ripple, stretch and strengthen your body while you improve your posture and body awareness. Many of the exercises in this class utilize the ballet barre and are based in ballet technique. For beginners and non-dancers as well as advanced exercisers.

**BEAT & CHILL YOGA**
This high volume class kicks off with 45 minutes of upbeat, core-focused Vinyasa flow to build heat and prep your body for a deep stretch and meditation.

**CARDIO DANCE: LATIN**
This cardio dance class is inspired by the dances of Latin America with a wide variety of music and choreography. All fitness levels are welcome!

**CARDIO DANCE: ZUMBA**
This is Zumba! Taught by Zumba certified instructors using Zumba music tracks and choreography. All fitness levels are welcome!

**CHASEL**
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

**CIRCUIT**
Stations utilizing strength, balance, agility and power are set up in the studio and combined with cardio intervals for an efficient and intense workout. Multiple levels.

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**COMBO H2O**
Put the water’s resistance to work! A variety of equipment is used in both the shallow and deep end of the pool. Our instructors will lead you through a workout where the intensity and the depth of the water is up to you. Swimming ability not necessary and buoyancy belts are available.

**CORE DE FORCE**
Get out of your head and into the moment with this high-energy, noncontact MMA-inspired workout. Fight at your own pace while you punch, kick and HIT your way to a strong, powerful core and sculpt your entire body. You’ll combine boxing, kickboxing, and Muay Thai techniques with interval training to turn up the calorie burn! All fitness levels are welcome.

**CORE FIT**
This class strengthens the core working the abdominal, oblique and lower back muscles. And you’ll feel the results! All fitness levels are welcome.

**CYCLE**
Intervals, hills, power challenges and more! Cycle instructors pull out a mix of techniques to coach you through each exciting ride. Instructors tailor each class to the participants and add music and a bit of personality to make your ride enjoyable. Each class is geared to meet the needs of all fitness levels and instructors offer modifications throughout.

**CYCLE CIRCLE (First Tuesday of the month)**
YWCA’s Cycle Circle class is a low-intensity cycling group that takes it slow. Research shows our physical, mental and social health are interconnected and that movement aids in cognitive and emotional processing. Come feel the benefits of your pedal power! See YWCA Schedules app for weekly class topics. This class is not a substitute for therapy.

**CYCLE FUNDAMENTALS**
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

**FIT AND TONE**
A low-to-no-impact, all-inclusive class that also includes strength and flexibility training. Great for beginners but all levels welcome.

**FIT ‘N TONE® H2O**
Utilizing the benefits of water, this class combines cardiovascular, muscular, and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class, and exercises are performed in both shallow and deep water; however, participants can remain in shallow water for the entire class, if desired. All levels welcome.

**FITNESS BARRE®**
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple muscle tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, posture and strength.

**FOAM ROLLER®**
Foam Rolling is a self-myo-fascial release (SMR) stretching technique used to release “knots” which relieves muscle soreness and tightness. This 25 minute class can aid in reestablishing pain-free movement and enhance exercise performance. Great for all fitness levels.

**GENTLE YOGA**
Practice founded on moving body with the breath. Classes are designed to create a feeling of readiness, comfort and ease through out body, breath and mind. Participants in this class should feel comfortable being on hands and knees and getting up and down from the floor. No previous yoga experience required.

**HATHA® YOGA**
Designed as an entry-level class, this class features slow-paced poses with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

**HIIT (HIGH INTENSITY INTERVAL TRAINING)**
High Intensity Interval Training is a format proven to not only torch calories but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the faint of heart, HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

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**INSANITY®**
Forget everything you think you know about high-intensity workouts, because insanity will redefine your mind and body! With Insanity, you work flat out in 3- to 5-minute blocks. It’s called Max Interval Training, pushing your body’s limits, requiring it to adapt.

**MAT PILATES ESSENTIAL**
Class focuses on basic principles and simple movements. This is the entry point for people with little or no Pilates experience.

**MAT PILATES EXPERIENCED**
Class requires previous Pilates experience and progresses at a faster pace, with more advanced exercises and modifications.

**MEDITATION**
Meditation is the practice of waking up to the present moment and learning to be open and at ease with the unfolding conditions of life. This is a 30 minute guided meditation open to all whether you are new to meditation or have an established practice. Please no admittance after meditation has begun.

**POWER STEP®**
While some classic step movements are used, Power Step is not your traditional step class. Featuring functional athletic training, Power Step incorporates the platform for a cardio, power, strength, balance and agility workout that will leave you wanting more!

**POWER YOGA**
Our most advanced level of yoga, this class may include inversions, binds and advanced movements while stressing the importance of anatomy and alignment.

**PUMPED!**
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

**RESTORATIVE YOGA**
Fundamental yoga poses are practiced while the body is supported with props, allowing greater relaxation, restoration and renewal.

**R.I.P.P.E.D.®**
Experience this total body “plateau proof fitness formula” workout, utilizing free weights, resistance and body weight. This class masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components, challenging participants’ fitness and endurance levels!

**SHALLOW CARDIO ‘N CORE**
Multi-level aerobics class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.

**SILVERSNEAKERS® CLASSIC**
SilverSneakers® Classic uses hand-held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLs).

**TOTAL STRETCH®**
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

**TURBO KICK®**
Become a total knockout with the ultimate cardio kickboxing party! Turbo Kick LIVE takes cardio kickboxing and body-sculpting dance moves and choreographs them with the hottest music mixes. With high intensity intervals placed throughout the routine, you’ll get lean and toned! Plus, you’ll have a blast doing it. It’s high intensity, fast-paced and totally addicting!

**VINYASA YOGA**
Vinyasa means breath-synchronized movement, and consists of strong, flowing breath-based movement. Students should be injury-free and have a regular yoga practice.

**WATERinMOTION®**
WATERinMOTION® is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body!