



GROUP EXERCISE SCHEDULE

ELK RIVER YMCA

March 1 - April 19

Facility Hours

Monday - Friday 5:00am - 10:00pm

Saturday 7:00am - 8:00pm

Sunday 7:00am - 8:00pm

Kids Stuff Hours

Monday - Friday 8:00am - 8:30pm

Saturday 8:00am - 4:00pm

Sunday 11:00am - 4:00pm

Monday			
Time	Class	Location	Instructor
5:15 - 6:00 am	Group Cycle	Studio B	Mark
8:30 - 9:15 am	AOA Aerobics	Studio B	Kelly
9:00 - 10:00 am	Water X	Pool	Charlie
9:30 - 10:15 am	SilverSneakers® YogaStretch	Studio B	Denise
9:30 - 10:30 am	Turbo Kick®	Studio A	Emily
9:45 - 10:15 am	Kids Fitness	KG	Kathy
10:30 - 11:15 am	SilverSneakers® Cardio Circuit	Studio B	Denise
10:35 - 11:35 pm	BodyPump™	Studio A	Janelle
11:45 - 12:30 pm	SilverSneakers® SilverSplash	Pool	Kathy
11:45 - 12:45 pm	BodyStep™	Studio A	Artie
Noon - 12:45 pm	Group Cycle	Studio B	Theresa
4:15 - 5:00 pm	Core Conditioning	Studio A	Muggs
5:15 - 6:15 pm	BodyPump™	Studio A	Heather
6:00 - 6:30 pm	Kids Fitness	KG	Angela
6:30 - 7:15 pm	BodyStep™ Express	Studio A	Carrie
6:30 - 7:30 pm	Fitness Yoga	Studio B	Darrell
6:30 - 7:00 pm	Family Bootcamp	Gym	Heather
7:30 - 8:30 pm	Water X	Pool	Marcy
7:30 - 8:15 pm	Zumba™	Studio A	Lisa
7:45 - 8:30 pm	Group Cycle	Studio B	Jeff

Thursday			
Time	Class	Location	Instructor
5:15 - 6:00 am	Group Cycle	Studio B	Christina
5:30 - 6:30 am	Turbo Kick®	Studio A	Erin
9:00 - 10:00 am	Water X	Pool	Charlie
9:15 - 10:15 am	Step	Studio A	Muggs
9:30 - 10:30 am	AOA Fitness Yoga	Studio B	Cathie
10:15 - 11:00 am	Core Conditioning	Studio A	Muggs
10:30 - 11:15 am	Mat Pilates	Studio B	Cathie
11:15 - 11:45 am	Kettlebell Training \$	Studio A	Jason
11:15 - 11:55 pm	AOA Aerobics	Studio B	Kelly
Noon - 1:00 pm	BodyPump™	Studio A	Kelly
12:15 - 1:15 pm	Yoga	Studio B	Denise
5:30 - 6:15 pm	BodyStep™ Express	Studio A	Babs
5:30 - 6:15 pm	Group Cycle	Studio B	Heather/Mark
5:30 - 6:00 pm	Kids Fitness	KG	Karen
6:15 - 6:45 pm	Family BOSU	Gym	Karen
6:30 - 7:30 pm	BodyPump™	Studio A	Babs
6:30 - 7:30 pm	Fitness Yoga	Studio B	Darrell
7:00 - 8:00 pm	Water X Power	Pool	Scott
7:35 - 8:25 pm	Kickboxing	Studio A	Babs

Tuesday			
Time	Class	Location	Instructor
5:30 - 6:30 am	Turbo Kick®	Studio A	Sean/Erin
9:00 - 10:00 am	Water X	Pool	Charlie
9:15 - 10:15 am	Turbo Kick®	Studio A	Janelle
9:15 - 10:15 am	Fitness Yoga	Studio B	Christine
10:20 - 11:20 am	BodyPump™	Studio A	Kelly
10:30 - 11:00 am	Kids Fitness	KG	Kathy
10:30 - 11:15 am	SilverSneakers® Cardio Circuit	Studio B	Cathie
11:30 - 12:30 pm	BodyStep™	Studio A	Renee
11:30 - 12:15 pm	Group Cycle	Studio B	Esther
5:00 - 6:00 pm	Fitness Yoga	Studio B	Jody
5:00 - 5:45 pm	Step	Studio A	Muggs
5:45 - 6:30 pm	Core Conditioning	Studio A	Muggs
6:15 - 6:45 pm	Kids Fitness	KG	Karen
6:15 - 6:45 pm	Family Drums Alive®	Studio B	Kelly
7:00 - 7:45 pm	Group Cycle	Studio B	Esther
7:00 - 8:00 pm	BodyPump™	Studio A	Kelly
7:00 - 8:00 pm	Water X Power	Pool	Scott

Friday			
Time	Class	Location	Instructor
5:15 - 6:00 am	Step	Studio A	Jill
6:30 - 7:30 am	Water X	Pool	Lisa
8:30 - 9:15 am	BodyStep™ Express	Studio A	Renee
9:15 - 10:15 am	Fitness Yoga	Studio B	Christine
9:30 - 10:30 am	BodyPump™	Studio A	Kelly
9:45 - 10:15 am	Kids Fitness	KG	Kathy
10:30 - 11:15 am	SilverSneakers® - MSROM	Studio B	Kathy
10:35 - 11:35 pm	Turbo Kick®	Studio A	Janelle
11:45 - 12:45 pm	SilverSneakers® SilverSplash	Gym	Kathy
Noon - 12:45 pm	Group Cycle	Studio B	Heather
4:30 - 5:15 pm	BodyStep™	Studio A	Renee
5:30 - 6:30 pm	BodyPump™	Studio A	Karen
6:35 - 7:35 pm	Zumba™	Studio A	Violeta
7:00 - 8:00 pm	Water X	Pool	Nikki

Wednesday			
Time	Class	Location	Instructor
5:15 - 6:00 am	Step	Studio A	Jill
6:15 - 7:15 am	BodyPump™	Studio A	Karen
6:30 - 7:30 am	Water X	Pool	Lisa
8:30 - 9:30 am	BodyPump™	Studio A	Susie
9:35 - 10:20 am	SilverSneakers® YogaStretch	Studio B	Susie
9:45 - 10:45 am	Turbo Kick®	Studio A	Janelle
10:30 - 11:15 am	SilverSneakers® - MSROM	Studio B	Kathy
11:00 - 11:45 am	Step	Studio A	Susie
11:45 - 12:45 pm	SilverSneakers® SilverSplash	Pool	Kathy
12:15 - 1:15 pm	Yoga	Studio B	Denise
4:15 - 5:00 pm	Core Conditioning	Studio A	Muggs
5:15 - 6:15 pm	BodyPump™	Studio A	Heather
5:30 - 6:00 pm	Kids Fitness	KG	Angela
5:30 - 6:15 pm	Group Cycle	Studio B	Jason
6:25 - 7:15 pm	BodyStep™ Express	Studio A	Jennifer
6:30 - 7:30 pm	Fitness Yoga	Studio B	Christine
7:00 - 8:00 pm	Water X	Pool	Nikki
7:25 - 8:25 pm	BodyPump™	Studio A	Jennifer
7:45 - 8:30 pm	Group Cycle	Studio B	Jeff

Saturday			
Time	Class	Location	Instructor
7:15 - 8:00 am	BodyPump™ Express	Studio A	Kelly/Carrie
8:00 - 9:00 am	Water X Power	Pool	Marcy
8:00 - 8:45 am	Group Cycle	Studio B	Sue/Christina
8:05 - 8:50 am	BodyStep™ Express	Studio A	Kelly/Carrie
9:00 - 10:00 am	Fitness Yoga	Studio B	Darrell/Sue
9:00 - 10:00 am	BodyPump™	Studio A	Heather/Janelle
10:10 - 11:10 am	BodyPump™	Studio A	Heather/Janelle
11:30 - 12:30 pm	Zumba™	Studio A	Lisa

Sunday			
Time	Class	Location	Instructor
11:05 - 12:05 am	BodyStep™	Studio A	Renee
11:30 - 12:15 pm	Boot Camp	Gym	Holly
Noon - 12:45 pm	Group Cycle	Studio B	Heather
12:10 - 1:10 pm	BodyPump™	Studio A	Kelly/Molly
1:00 - 1:45 pm	BodyStep™ Express	Studio B	Artie
1:20 - 2:20 pm	Fitness Yoga	Studio A	Christine

**** Get Fit Clubs - \$129/ Loose 10 lbs. in 10 Weeks/ Education and Training with a personal trainer. Must have at least 4 participants/max 8**
 Questions about Get Fit Club? Call 763.230.2834 or 2833

Special Friday Night Turbokick w. Erin and Janelle - 2/26, 3/26, 4/30

For more information please call 763-230-2800
 YMCA schedules can be found at www.ymcatwincities.org

All classes subject to cancellation due to low attendance.
 Watch for schedule changes during Holidays and special events.
 Class size is limited for Cycle and Body Pump!
 Guests under 18 are not allowed in the Fitness Center or in Group X classes
 Youth, Ages 10 and up can attend class with a parent.
 Must be at least 15 to attend BodyPump.
 Family Classes ages 4-12 are welcome.
 Kids Fitness classes in Kids Gym ages 4-10 are welcome.
 \$ Fee Based Class
BOLD = Class addition or change

