



Group Fitness Class Schedule

SPRING II SESSION

April 17 – June 4, 2017

Kid Care Hours:

Monday – Thursday

8:00am – 1:00pm &

3:30 – 7:30pm

Friday

8:00am – 1:00pm

FREE with Family

Memberships!

All Fitness Classes on this schedule are included in the Y CLASS PASS except Aqua Zumba, Eveleth Yoga, Advanced TRX & TRX Fusion.

Water Exercises Classes Available!

Check the pool schedule for current days and times. Participants must register and pay an additional fee for Water Exercise classes.

Water Ex. classes are not included with the Y Class Pass.

Members may participate in a fee based or pre-registration based class on a drop in basis IF there is availability for \$5.00/class.

Non members may come to a non fee based class that is free for Members for \$8.00/class. Non members may come to a fee based class if there is availability, for \$13.00/class.

Any schedule changes will be noted at our Member Services Desk.

MONDAYS

5:30 – 6:15am	Group Cycling	Group Ex Rm	Nora
8:30 – 9:25am	Barbell Strength	Gym	Meribeth
10:30 – 11:30am	Intermediate Yoga	Group Ex Rm	Jean
12:10 – 12:50pm	Noon Workout	Group Ex Rm	Sam
4:15 – 5:00pm	On The Ball	Group Ex Rm	Nora
4:15 – 5:00pm	Zumba™	Gym	Kim
5:15 – 6:00pm	Group Cycling	Group Ex Rm	Karen

TUESDAYS

5:15 – 6:00am	Body Strength	Gym	Becky
10:30 – 11:15am	Silver Fit	Gym	Michelle
12:10 – 12:50pm	Noon Workout	Group Ex Rm	Michelle
4:15 – 5:00pm	TRX Fusion	Group Ex Rm	Sam
5:15 – 6:00pm	Cardio Mix	Gym	Lisa
6:15 – 7:30pm	Yoga	Group Ex Rm	Lynn
6:15 – 7:00pm	Zumba™	Gym	Jess

WEDNESDAYS

5:30 – 6:15am	Group Cycling	Group Ex Rm	Nora
8:30 – 9:25am	Body Strength	Gym	Meribeth
9:30 – 10:15am	Chair Based Yoga	MPR	Jean
10:30 – 11:30am	Intermediate Yoga	Group Ex Rm	Jean
12:10 – 12:50pm	Noon Workout	Group Ex Rm	Sam
4:15 – 5:00pm	Advanced TRX	Group Ex Rm	Jana
5:15 – 6:15pm	STRONG by Zumba™	Gym	Brie
5:15 – 6:00pm	Group Cycling	Group Ex Rm	Karen
5:30 – 6:30pm	Eveleth Yoga	Franklin Elementary	Nancy
6:30 – 7:15pm	Aqua Zumba™	Pool	Angela

THURSDAYS

5:15 – 6:00am	TRX Fusion	Group Ex Rm	Becky
10:30 – 11:15am	Silver Fit	Gym	Meribeth
4:15 – 5:00pm	Zumba™	Gym	Kim
5:00 – 6:00pm	Intermediate Yoga	Group Ex Rm	Tina
5:15 – 6:00pm	Kids4Fitness	Gym	Nicole
6:15 – 7:15pm	Dance4Fitness	Gym	Nicole

FRIDAYS

5:30 – 6:15am	Group Cycling	Group Ex Rm	Nora
8:30 – 9:30am	STRONG by Zumba™	Gym	Brie
10:30 – 11:30am	Intermediate Yoga	Group Ex Rm	Tina
12:10 – 12:50pm	Pilates	Group Ex Rm	Nora

SATURDAYS

8:00 – 9:00am	Group Cycling	Group Ex Rm	Karen
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SUMMER I GROUP CYCLING REGISTRATION

will be May 22 – May 28, 2017

Summer I Session runs June 5 – July 16, 2017

FREE FOR MEMBERS

Non-members may purchase a day pass or Y class pass to attend.

ADVANCED TRX– Fee Based Class. \$35/7 week session. Members Only.

Advanced TRX is a progression style TRX strength and endurance workout that is designed for those looking for a class that is that "next level of fitness". In this small group training setting, you will be actively using the TRX Suspension Trainer.

AQUA Zumba™–Fee Based Class. \$30/members \$50/non-members. Pre-registration required.

This class is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine.

BARBELL STRENGTH–Free for Y members! Y CLASS PASSES allowed in this class.

Join us as we raise the bar in this strength training class designed for all fitness levels.

BODY STRENGTH–Free for Y members! Y CLASS PASSES allowed in this class.

It's a toning and conditioning class and is for just about everybody who wants to add strength training into their aerobic workout.

CARDIO MIX–Free for Y members! Y CLASS PASSES allowed in this class.

The perfect blend of cardiovascular work and muscle conditioning to ensure a complete total body workout. This class is always fun and exciting, you will be challenged in new ways each class!

CHAIR YOGA–Free for Y members! Y CLASS PASSES allowed in this class.

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

DANCE4FITNESS–Free for Y members! Y CLASS PASSES allowed in this class.

Come join us for a fun and energetic dance workout to a variety of music genres! This workout also incorporates light weights and a core workout segment!

EVELETH YOGA–Fee Based Class. \$40.00 per session. Improve flexibility, strength, balance, posture, body awareness, and stress reduction. Bring your own yoga mat and wear non-restrictive clothing. This class is a collaborative effort of Eveleth-Gilbert Community Education and the Mesabi Family Y.

GROUP CYCLING–Limited Space Available. Free for Y members! Pre-registration required or call the Y to check bike availability.

An intense cardio workout for all fitness levels – work at your own pace to create the perfect workout for you!

INTERMEDIATE YOGA–Free for Y members! Y CLASS PASSES allowed in this class.

This class is designed for beginners through intermediate students. Participants will be guided through postures in a vinyasa style, beginning with basic poses, while allowing for more challenging poses based on your practice level. Props are encouraged.

KIDS4FITNESS–Free for Y members! Y CLASS PASSES allowed in this class.

This high energy class includes a fiercely FUN cardio workout made especially for kids! Kids will have a blast dancing and exercising to pop, rock, and hip-hop music!

NOON WORKOUT–Free for Y members! Y CLASS PASSES allowed in this class.

This is a total body toning class for everyone looking for a great workout over the noon hour.

ON THE BALL–Free for Y members! Y CLASS PASSES allowed in this class.

Functional fitness, a total body workout incorporating strength, core, and balance utilizing the stability ball.

PILATES–Free for Y members! Y CLASS PASSES allowed in this class.

A blend of strength and flexibility training to improve posture, reduce stress and create long, lean muscles.

SILVER FIT (Previously Silver Sneakers)–Free for Y members! Y CLASS PASSES allowed in this class.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

STRONG by Zumba™–Free for Y members! Y CLASS PASSES allowed in this class.

By using simple dance steps and the HIIT method of training, this is an athletic, conditioning style workout and well-suited for those who love to move but are not comfortable in a full-out dance class! Please bring a mat with you to class.

TRX@ FUSION–Limited Space Available. 10 person limit. Pre-registration required. Free for Y members, Non-Members will be charged the \$8.00 Day Pass Rate. 45 minutes of circuits, TRX, and hard work. You'll split your time between the TRX straps and floor work. This class will provide lots of variety and a great workout!

YOGA–Free for Y members! Y CLASS PASSES allowed in this class.

Yoga flows, poses & breathing to improve flexibility, strength, balance, and body awareness.

Zumba™– Free for Y members! Y CLASS PASSES allowed in this class.

Join the Party! A fusion of Latin dance moves and cardio exercises to create a fun, easy to follow, spicy workout to great Latin music.