



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASS SCHEDULE Winter 2020

Valid January 1-31<sup>st</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP EXERCISE ROOM	<b>Kickboxing TRX</b> 5:15-6:00am (1-3) Sarah	<b>Body Pump</b> 5:30-6:30am (1-3) Mike	<b>Kickboxing TRX</b> 5:15-6:00am (1-3) Sarah		<b>Body Pump</b> 5:30-6:30am (1-3) Juliann		<p>Childcare available for Family Members during class. Ages 6 weeks-10yrs M-F 8:45-11:30am M-Th 4:30-8:00pm Sat 8:00-11:00am</p> <p>**Classes to take place <b>outside</b> at instructor's discretion</p> <p>*** <b>FAMILY FRIENDLY</b> - Parents and children are welcome to attend together!</p> <p>-You must be 14 years of age to participate in classes not marked by ***</p> <p>-All classes are FREE to</p>
		<b>Silver Sneakers</b> 8:00-9:00am (1-2) Lynda		<b>Silver Sneakers</b> 8:00-9:00am (1-2) Lynda		<b>Body Pump</b> 8:00-9:00am (1-3)*Rotation	
	<b>Forever Fit</b> 9:15-10:00am (1-3)*Sarah	<b>Fitness Bootcamp**</b> 9:15-10:00am (1-3)*Candice	<b>Forever Fit</b> 9:15-10:00am (1-3)*Sarah			<b>Yoga***</b> 9:15-10:00am (2-3)* Kelsey	
	<b>Silver Sneakers</b> 10:30-11:30am (1-3) Lynda	<b>Silver Sneakers</b> 10:45-11:45am (1-2) Deb	<b>Silver Sneakers</b> 10:30-11:30am (1-3) Lynda	<b>Chair Yoga</b> 10:00am-10:45am (1-2) Sarah	<b>Silver Sneakers</b> 10:45-11:45am (1-2) Ben	<b>Zumba</b> 10:15-11:15am (1-3)*Brenda	
	<b>Chair Yoga</b> 11:35am-12:10pm (1-2) Sarah		<b>Chair Yoga</b> 11:35am-12:10pm (1-2) Sarah			<b>Core &amp; Toning</b> 11:20-11:55AM (1-3) Karen	
	<b>Beginning Yoga***</b> 12:15-1:00pm (1-3) Sarah	<b>Super Circuit**</b> 12:15-12:45pm (2-3) Summer	<b>Beginning Yoga***</b> 12:15-1:00pm (1-3) Sarah	<b>Super Circuit**</b> 12:15-12:45pm (2-3) Summer		<b>Modified Yoga</b> 12:00-12:45PM Karen	
		<b>Tai Chi &amp; Balance</b> 1:00-1:50pm (1-3) Sarah		<b>Tai Chi &amp; Balance</b> 1:00-1:50pm (1-3) Erin			
	<b>Monday Funday!</b> 4:30-5:25pm (2-3)* Lynda	<b>HIIT It! **</b> 4:30-5:25pm (2-3)* Lynda		<b>HIIT It! **</b> 4:30-5:25pm (2-3)* Shar			
			<b>Body Pump</b> 5:30-6:30pm (1-3)* Becca				
			<b>Kickboxing***</b> 6:35-7:15pm (1-3)*Sarah	<b>Kickboxing***</b> 6:35-7:15pm (1-3)*Sarah			
MPR-C	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Zumba***</b> 5:30-6:30pm (1-3)*Brenda	<b>Pilates &amp; Yoga***</b> 5:30-6:30pm (2-3)*Lynda	<b>Zumba***</b> 5:00-5:30pm (1-3)*Brenda	<b>Yoga***</b> 5:30-7:00pm (2-3)*Kelsey			
MPR-C (cont.)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		<b>Zumba***</b> 6:45-7:45pm (1-3)*Brenda					
POOL	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Cardio &amp; Strength</b> 7:00-7:45am (1-3) Rebecca		<b>Cardio &amp; Strength</b> 7:00-7:45am (1-3) Rebecca		<b>Cardio &amp; Strength</b> 7:00-7:45am (1-3) Rebecca		<b>Aqua Zumba</b> 12:30-1:30pm (1-3)*Brenda
	<b>Water Walking</b> 9:15-9:30am (1)*Lynda <b>Monday-Friday</b>		<b>Bootcamp</b> 9:30-10:15am (1-3)*Lynda				
	<b>Cardio &amp; Strength</b> 9:30-10:15am (1-3)* Lynda	<b>Tabata</b> 9:30-10:15am (1-3)*Lynda	<b>Water Arthritis</b> 10:30-11:15am (1)* Deb	<b>Deep Water</b> 9:30-10:15am (1-3)*Lynda	<b>Cardio &amp; Strength</b> 9:30-10:15am (1-3)* Lynda		
	<b>Water Arthritis</b> 10:30-11:15am (1)*Cheryl		<b>Aqua Zumba</b> 4:00-5:00pm (1-3) Brenda		<b>Water Arthritis</b> 10:30-11:15am (1)* Cheryl		
<b>Water Aerobics</b> 6:00-6:45pm (1-3)*Kristine		<b>Water Aerobics</b> 6:00-6:45pm (1-3)*Kelsey					
CYCLE STUDIO	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Cycling</b> 6:00-6:45am (1-3) Kris	<b>Cycling</b> 6:00-6:45am (1-3) Kris	<b>Cycling</b> 6:00-6:45am (1-3) Kris	<b>Cycling</b> 6:00-6:45am (1-3) Kris		<b>Cycling</b> 9:15-10:00am (1-3) Ronda	<b>Cycling (through March)</b> 12:30-1:30pm (1-3) Vince
	<b>Cycling</b> 12:00-12:45pm (1-3) Scott	<b>Cycling</b> 5:30-6:15PM (1-3) Vince	<b>Cycling</b> 12:00-12:45pm (1-3) Scott	<b>Endr. Cycling</b> 5:30-6:15pm (2-3) Vince	<b>Cycling</b> 12:00-12:45pm (1-3) Scott		
	<b>Cycling</b> 5:30-6:15pm (1-3) Ronda		<b>Cycling</b> 5:00-5:45PM (1-3) Karen				

*In order to provide our members with the safest and best experience possible, the Family YMCA of Black Hawk County holds the right to cancel any class at any time with less than four participants for two consecutive weeks, and class will not be held if less than two participants are present.*

**Chair Yoga:** Improve your strength, flexibility and mobility through standing or seated yoga poses specially adapted for seniors or those with mobility or joint limitations. Chairs are provided to keep everyone safe and supported.

**Country Heat:** This country dance inspired workout is unlike any other workout you've tried! Packed with your favorite country hits and simple steps, each class is a fun-filled, calorie-scorching good time! No matter your fitness level, just follow along and you'll work up a sweat!

**Cycling:** Add a new element to your exercise program with this high-energy bike class that is designed for beginners and advanced alike because you set your own pace and tension. You will run, sprint, jump, and climb your way to a healthier you.

**Fitness Bootcamp:** Fitness Bootcamp is a total body conditioning workout. This interval-based class uses a variety of modifiable exercises to strengthen and tone, while building cardio endurance. Suitable for all fitness levels.

**HIIT It!** HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time! The equipment you'll use will change constantly – dumbbells, step, kettlebell, TRX, even body weight. Suitable for intermediate to advanced fitness levels.

**Kickboxing TRX:** Punch and kick your way to a fitter you! A fun workout that incorporates bag work, core exercises, and TRX. Whether you're new to kickboxing, or a pro, this class will get your heart pumping!

**Les Mills BODYPUMP:** This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you want fast! Suitable for all fitness levels.

**Monday Funday:** You DESERVE to have fun for working out on a Monday! You might do Barre, do a HIIT workout using dumbbells, exercise with step, kettlebell, TRX, even body weight. Every Monday will be different! Suitable for intermediate to advanced fitness levels.

**Pilates Yoga:** This low-impact class will strengthen your core muscles while improving your balance, posture, and body alignment. Exercises are performed on a mat with a high focus on breathing and good posture. Suitable for intermediate to advanced fitness levels.

**SilverSneakers®:** Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and skills for daily living activities. Weights, elastic tubing, and a Silver Sneakers ball are all offered for resistance. A chair is used for seated and/or standing support.

**Super Circuit:** This class is designed to strengthen and tone while leaving you breathless! It uses a variety of equipment from free-weights to step platforms as well as incorporating running, plyometrics (jumping), and medicine balls! Suitable for intermediate to advanced fitness levels.

**Tai Chi and Balance:** Come experience the amazing benefits of Tai Chi! Flow your way to improved breathing, bone strength, blood pressure, and balance! During class, you'll progress from Tai Chi flow to various balance exercises, designed to strengthen and stabilize. Suitable for all fitness levels.

**Yoga:** Looking for the yoga class to get energized while helping you build strength and flexibility? This yoga practice will keep you present as you learn to move gracefully in and out of poses.

**Zumba®:** A Latin-inspired dance fitness class that uses international music as a background for cardio-interval training to tone & sculpt your body. Suitable for all fitness levels.

**Water Fitness- Aqua Zumba®:** Are you looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? This class blends the Zumba® philosophy with water resistance, for one pool party you won't want to miss! Great for all levels!

**Water Fitness- Bootcamp:** This class will challenge your whole body! Bootcamp will offer both cardiovascular and muscular components while utilizing the shallow & deep ends of the pool. Participants will do a variety of activities that will keep them moving! Suitable for all fitness levels.

**Water Fitness-Cardio & Strength:** Participants will experience the perfect combination of strength and cardio. The instructor will lead you through intervals of cardiovascular and strength exercises utilizing different equipment such as water weights and noodles. Suitable for all fitness levels.

**Water Fitness- Deep Water:** Designed for individuals seeking a non-impact, deep water exercise program. It emphasizes joint flexibility, range of motion and muscle toning through specific exercises. Participants must be comfortable in deep water, flotation belts provided. Suitable for all fitness levels.

**Water Fitness- Tabata:** This high intensity, low impact workout will focus on cardiovascular development through various water exercises, using interval training. Participants will stay in the shallow end of the pool. Suitable for all fitness levels.

**Water Fitness- Water Aerobics:** This high intensity, low impact workout will focus on cardiovascular development through various water exercises. Participants will stay in the shallow end of the pool. Suitable for all fitness levels.

**Water Fitness- Water Arthritis:** Zero impact class that is gentle on joints and improves range of motion. This water exercise class, designed for those with arthritis or similar conditions, emphasizes good body mechanics, joint stability, and utilizes the buoyancy of the water to reduce stress on the bones.

#### Questions?

Contact Chelsey Bowermaster, Director of Healthy Living: [cbowermaster@blackhawkymca.org](mailto:cbowermaster@blackhawkymca.org) or Rhett Turner, Assistant Director of Healthy Living: [rturner@blackhawkymca.org](mailto:rturner@blackhawkymca.org)