

GROUP EXERCISE SCHEDULE

Revised 1/13/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP EXERCISE ROOM		Lesmills Body Pump	TRX/Cardio		Lesmills Body Pump	Lesmills Body Pump	
		5:30-6:30 AM (1-3) Mike			5:30-6:30 AM (1-3) Mike	8:00-9:00 AM (1-3) Rotation	
		SilverSneakers		SilverSneakers		Yoga	
		8:00-9:00 AM (1-2) Lynda		8:00-9:00 AM (1-2) Lynda		9:00-10:00 AM (1-3) Kelsey	
					Cardio Bootcamp		
					9:30-10:15 AM AM (1-3) Kelsey		
		SilverSneakers	SilverSneakers	SilverSneakers	Yoga		
		10:30-11:30 AM (1-3) Lynda	10:45-11:45 AM (1-2) Deb	10:30-11:30 AM (1-3) Lynda	10:15-11:15 AM (2-3) Kelsey		
		Chair Yoga		Chair Yoga			
		11:45-12:15 (1-3) Sarah		11:45-12:15 (1-3) Sarah			
		Beginning Yoga	Super Circuit	Beginning Yoga	Super Circuit		
		12:30-1:15 PM (1-3) Sarah	12:15-12:45 PM (2-3) Summer	12:30-1:15 PM (1-3) Sarah	12:15-12:45 PM (2-3) Summer		
		HIIT	HIIT		HIIT	Pilates & Yoga	
		4:30-5:25 PM (2-3) Lynda	4:30-5:25 PM (2-3) Lynda		4:30-5:25 PM (2-3) Lynda	4:30-5:30 PM (2-3) Lynda	
	Lesmills Body Pump	Pilates & Yoga	Lesmills Body Pump	Yoga			
	5:30-6:30 PM (1-3) Becca	5:30-6:30 PM (2-3) Lynda	5:30-6:30 PM (1-3) Mike	5:40-7:00 PM (2-3) Kelsey			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM						Zumba	Zumba
						10:15-11:15 AM (1-3) Brenda	12:30-1:30 PM (1-3) Brenda

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Fitness	Cardio & Strength	Tabata	Bootcamp	Deep Water	Cardio & Strength		Aqua Zumba
	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (3) Lynda	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda		2:00-3:00 PM (1-3) Brenda
	Cardio & Strength		Water Arthritis				
	6:00-6:45 PM (1-3) Kristina		10:15-11:15 AM (1) Deb				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling Studio	Cycling		Cycling		Open Studio	Open Studio	
	6:00-6:45 AM (1-3) Kris		6:00-6:45 AM (1-3) Kris		6:00-8:00 AM 1-4 people at a time	6:00-8:00 AM 1-4 people at a time	
	Cycling			Cycling		Cycling	
	5:30-6:15 PM (1-3) Vince			5:30-6:15 PM (1-3) Vince		9:15-10:00 AM (1-3) Rotation	

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.

1 = Low Intensity: A great starting place for those new to exercise or getting back on track

2 = Moderate Intensity: Classes set at a slightly higher pace, recommended for intermediate fitness levels

3 = High Intensity: Your workout will involve challenging routines and move at a fast pace, not for beginners 1-3 = Class suitable for all fitness levels

Class Descriptions

Cardio Bootcamp: Total body workout designed to strengthen and tone you full body. This class utilizes a variety of equipment to help keep you guessing while you exercise all of your major muscle groups. Modifications offered to assist all fitness levels.

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.

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.

HIIT: 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.

Kettlebell I: Trained RKC Kettlebell instructors will lead you through basic flows of kettlebell and help challenge your body to use core and cardio strength for better cardiac output and posterior chain recruitment. Tired of being injured? Kettlebells will help make you STRONGER!

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.

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.

Strength/Cardio: If you normally attend water exercise classes, move onto land and learn range of motion and mobility with gentle transitions. You will have a total body workout and learn to move on land stronger and more confidently.

TRX/Cardio: 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!

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 challenging class will exercise your whole body! Bootcamp will offer both cardiovascular and muscular components while utilizing both ends (shallow and deep) of the pool. Variety of exercises and tools will be used in this class.

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 & More: 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. Water weights are used for resistance when possible.

Water Fitness- Water Walking: 15 minutes of social, fun, gentle walking and great introduction to water exercise. All levels welcome!

Questions?

Contact: Chelsey Bowermaster, Director of Healthy Living, cbowermaster@blackhawkmca.org