



## Family YMCA of Black Hawk County

Group Exercise Schedule May 1 – July 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> 6:00 – 6:45 AM Vera Sulentic Cycling Studio Instructor: Kris	<b>LesMills BodyPump</b> 5:30 – 6:30 AM Group Exercise Studio Instructor: Mike	<b>Cycling</b> 6:00 – 6:45 AM Vera Sulentic Cycling Studio Instructor: Kris	<b>SilverSneakers</b> 8:00 – 9:00 AM Group Exercise Studio Instructor: Lynda	<b>LesMills BodyPump</b> 5:30 – 6:30 AM Group Exercise Studio Instructor: Becca	<b>LesMills BodyPump</b> 8:00 – 9:00 AM Group Exercise Studio Instructor: Rotation	<b>Zumba</b> 12:30 – 1:30 PM Group Exercise Studio Instructor: Brenda
<b>Cardio &amp; Strength</b> 9:15 – 10:15 AM <b>Pool</b> Instructor: Lynda	<b>SilverSneakers</b> 8:00 – 9:00 AM Group Exercise Studio Instructor: Lynda	<b>Bootcamp</b> 9:15 – 10:00 AM <b>Pool</b> Instructor: Lynda	<b>Deep Water</b> 9:15 – 10:00 AM <b>Pool</b> Instructor: Lynda	<b>Cardio &amp; Strength</b> 9:15 – 10:15 AM <b>Pool</b> Instructor: Lynda	<b>Yoga</b> 9:15 – 10:15 PM Group Exercise Studio Instructor: Kelsey	<b>Aqua Zumba</b> 2:00 – 3:00 PM <b>Pool</b> Instructor: Brenda
<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Lynda	<b>TABATA</b> 9:15 – 10:00 AM <b>Pool</b> Instructor: Lynda	<b>Water Arthritis &amp; More</b> 10:15 – 11:15 AM <b>Pool</b> Instructor: Debbie	<b>Super Circuit</b> 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	<b>Cardio Bootcamp</b> 9:30 – 10:15 AM Group Exercise Studio Instructor: Kelsey	<b>Zumba</b> 10:15 – 11:15 AM <b>Gym</b> Instructor: Brenda	
<b>Chair Yoga</b> 11:45 – 12:15 PM Group Exercise Studio Instructor: Sarah	<b>SilverSneakers</b> 10:45 – 11:45 AM Group Exercise Studio Instructor: Debbie	<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Lynda	<b>HIIT</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	<b>SilverSneakers</b> 10:30 – 11:30 AM Group Exercise Studio Instructor: Angi		
<b>Beginning Yoga</b> 12:30 – 1:15 PM Group Exercise Studio Instructor: Sarah	<b>Super Circuit</b> 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	<b>Chair Yoga</b> 11:45 – 12:15 PM Group Exercise Studio Instructor: Sarah		<b>Yoga</b> 10:30 – 11:30 AM <b>Racquetball 1</b> Instructor: Kelsey		
<b>HIIT</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	<b>HIIT</b> 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	<b>Beginning Yoga</b> 12:30 – 1:15 PM Group Exercise Studio Instructor: Sarah	<b>Yoga</b> 5:40 – 7:00 PM Group Exercise Studio Instructor: Kelsey	<b>LesMills BodyPump</b> 12:15 – 1:00 PM Group Exercise Studio Instructor: Angi		
<b>LesMills BodyPump</b> 5:30 – 6:30 PM Group Exercise Studio Instructor: Becca	<b>Pilates &amp; Yoga</b> 5:30 – 6:30 PM Group Exercise Studio Instructor: Lynda	<b>LesMills BodyPump</b> 5:30 – 6:30 PM Group Exercise Studio Instructor: Mike		<b>Pilates &amp; Yoga</b> 4:30 – 5:30 PM Group Exercise Studio Instructor: Lynda	<b>Kids' Adventure Center Hours:</b> <b>(Free Membership Benefit)</b>  <b>M-Th 4:30-7:30 PM</b>  <b>Saturday 8:00-11:00</b>	
<b>Cardio &amp; Strength</b> 6:00 – 6:45 PM <b>Pool</b> Instructor: Kristyne	<b>Zumba</b> 5:30-6:15 PM <b>Racquetball 1</b> Instructor: Brenda	<b>Cardio &amp; Strength</b> 6:00 – 6:45 PM <b>Pool</b> Instructor: Kelsey				

**YMCA group exercise classes are for all fitness levels and ages. Coming soon – virtual livestreams through MotionVibe of certain classes, and a virtual schedule for at-home fitness!**



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#### Class Descriptions

**Cardio Bootcamp:** Total body workout designed to strengthen and tone your 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.

**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.

**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 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.

#### Questions?

Contact: Chelsey Bowermaster, Director of Healthy Living, [cbowermaster@blackhawkymca.org](mailto:cbowermaster@blackhawkymca.org)