



Family YMCA of Black Hawk County

Group Exercise Schedule – November 2021 (rev. 11/1)

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.” –Kirsten Armstrong

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:00 – 6:45 AM Vera Sulentic Cycling Studio Instructor: Kris	LesMills BodyPump 5:30 – 6:30 AM Group Exercise Studio Instructor: Juliann	Cycling 6:00 – 6:45 AM Vera Sulentic Cycling Studio Instructor: Kris		LesMills BodyPump 5:30 – 6:30 AM Group Exercise Studio Instructor: Juliann	LesMills BodyPump 8:00 – 9:00 AM Group Exercise Studio Instructor: Rotation	
Cardio & Strength 9:15 – 10:15 AM Pool Instructor: Lynda	Senior Fitness 8:00 – 9:00 AM Group Exercise Studio Instructor: Austin	Aqua Bootcamp 9:15 – 10:00 AM Pool Instructor: Lynda	SilverSneakers 8:00 – 9:00 AM Group Exercise Studio Instructor: Lynda	Cardio & Strength 9:15 – 10:15 AM Pool Instructor: Lynda	Yoga 9:15 – 10:15 PM Group Exercise Studio Instructor: Kelsey	Cardio & Strength 12:15-1:15 PM Pool Instructor: Kelsey 7&21, Kristine 14 & 28
Gentle Water Exercise 10:30-11:15 AM Pool Instructor: Evelyn	Cardio & Strength 9:15 – 10:00 AM Pool Instructor: Lynda	D2G SocaFit 9:15-10:15 AM Group Exercise Studio Instructor: Daphne	Deep Water 9:15 – 10:00 AM Pool Instructor: Lynda	LesMills BodyPump 9:30-10:30 AM Group Exercise Studio Instructor: Angi	D2G SocaFit 10:30-11:30 AM Group Exercise Studio Instructor: Daphne	
SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Lynda		Water Arthritis & More 10:15 – 11:15 AM Pool Instructor: Debbie		Gentle Water Exercise 10:30-11:15 AM Pool Instructor: Evelyn		
Chair Yoga 11:30 – 12:15 PM Group Exercise Studio Instructor: Lynda	SilverSneakers 10:45 – 11:45 AM Group Exercise Studio Instructor: Debbie	SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Lynda	Super Circuit 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Angi		
HIIT 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	Super Circuit 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	Chair Yoga 11:30 – 12:15 PM Group Exercise Studio Instructor: Lynda	HIIT & Core 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	Yoga 10:30 – 11:30 AM Racquetball 1 Instructor: Kelsey		
LesMills BodyPump 5:30 – 6:30 PM Group Exercise Studio Instructor: Becca	HIIT 4:30 – 5:25 PM Group Exercise Studio Instructor: Lynda	Assisted Yoga 4:30-5:25 PM Group Exercise Studio Instructor: Kelsey	Yoga 5:30-6:30 PM Racquetball 1 Instructor: Kelsey	LesMills BODYCOMBAT 12:00-1:00 PM Group Exercise Studio Instructor: Angi		
Cardio & Strength 6:00 – 6:45 PM Pool Instructor: Kelsey	Pilates & Yoga 5:30 – 6:25 PM Group Exercise Studio Instructor: Lynda	LesMills BodyPump 5:30 – 6:30 PM Group Exercise Studio Instructor: Mike	LesMills BODYCOMBAT 5:30-6:30 PM Group Exercise Studio Instructor: Angi	Pilates & Yoga 4:30 – 5:30 PM Group Exercise Studio Instructor: Lynda		
D2G SocaFit 6:30-7:30 PM Group Exercise Studio Instructor: Daphne	LesMills BodyPump 6:30-7:30 PM Group Exercise Studio Instructor: Makenna	Cardio & Strength 6:00 – 6:45 PM Pool Instructor: Kelsey	HIIT & Core 6:30-7:30 PM Group Exercise Studio Instructor: Angi			

Don't forget to participate in the final weeks of the "All In" Challenge!

We also encourage you to practice 30 days of gratitude in November... everyday, share something you are grateful for and tag us for a prize: #YMCAGratitudeChallenge21

Kids' Adventure Center Hours: (Free Membership Benefit)

M-Th 4:30-7:30 PM

Saturday 8:00-11:00

YMCA group exercise classes are for all fitness levels and ages. Classes highlighted are on MotionVibe, virtual option for at-home fitness!

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.

D2G SocaFit: Experience authentic Soca Caribbean culture with music and moves representing global fusions from Asia, Africa, Americas, and Europe – full of funk, rhythm, and soul with easy-to-follow steps through heart-thumping cardio, feel-good wines, toning flag work, and community carnival celebrating diversity and sharing the good vibes of Soca. Everyone is welcome, so let us Dance 2-Gather and enjoy the Soul of Calypso!

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.

Les Mills BODYCOMBAT: This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Our highly-trained expert instructors will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

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- Aqua 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.

MotionVibe Sign Up: blackhawkymca.motionvibe.com, SIGN UP NOW, use your YMCA Scan Barcode and birthdate.

Questions?

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