



Family YMCA of Black Hawk County

Group Exercise Schedule – January 2022 (edited 12/27)

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 BODYCOMBAT 5:30-6:15 AM Group Exercise Studio Instructor: Juliann	LesMills BodyPump 5:30 – 6:30 AM Group Exercise Studio Instructor: Juliann	LesMills BodyPump 8:00 – 9:00 AM Group Exercise Studio Instructor: Mike, Becca, Makenna, Juliann	
	SilverSneakers 8:00 – 9:00 AM Group Exercise Studio Instructor: Sarah	Forever Fit 8:00 – 9:00 AM Group Exercise Studio Instructor: Austin	SilverSneakers 8:00 – 9:00 AM Group Exercise Studio Instructor: Sarah	LesMills BodyPump 9:30-10:30 AM Group Exercise Studio Instructor: Angi	Yoga 9:15 – 10:15 AM Group Exercise Studio Instructor: Kelsey	
SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Austin, Chelsey Rotation		D2G SocaFit 9:15-10:15 AM Group Exercise Studio Instructor: Daphne		SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Angi	D2G SocaFit 10:30-11:30 AM Group Exercise Studio Instructor: Daphne	
Chair Yoga 11:30 – 12:15 PM Group Exercise Studio Instructor: Kelsey		SilverSneakers 10:30 – 11:30 AM Group Exercise Studio Instructor: Austin		Yoga 10:30 – 11:30 AM Racquetball 1 Instructor: Kelsey	<div style="border: 2px solid black; padding: 10px; text-align: center;"> Kids' Adventure Center Hours: (Free Membership Benefit) M–Th 4:30–7:15 PM Saturday 8:00–11:00 </div>	
Cycling 12:00-1:00 PM Vera Sulentic Cycling Studio Instructor: Scott	SilverSneakers 10:45 – 11:45 AM Group Exercise Studio Instructor: Debbie	Chair Yoga 11:30 – 12:15 PM Group Exercise Studio Instructor: Kelsey	Super Circuit 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	LesMills BODYCOMBAT 12:00-1:00 PM Group Exercise Studio Instructor: Angi		
HIIT 4:30 – 5:25 PM Group Exercise Studio Instructor: Angel	Super Circuit 12:15 – 12:45 PM Group Exercise Studio Instructor: Summer	Cycling 12:00-1:00 PM Vera Sulentic Cycling Studio Instructor: Scott	HIIT & Core 4:30 – 5:25 PM Group Exercise Studio Instructor: Angi	Cycling 12:00-1:00 PM Vera Sulentic Cycling Studio Instructor: Scott		
LesMills BodyPump 5:30 – 6:30 PM Group Exercise Studio Instructor: Becca	HIIT 4:30 – 5:25 PM Group Exercise Studio Instructor: Sarah	Assisted Yoga 4:30-5:25 PM Group Exercise Studio Instructor: Kelsey	Yoga 5:30 – 6:30 PM Racquetball 1 Instructor: Kelsey			
D2G SocaFit 6:40-7:40 PM Group Exercise Studio Instructor: Daphne	LesMills BodyPump 5:30-6:30 PM Group Exercise Studio Instructor: Makenna	LesMills BodyPump 5:30 – 6:30 PM Group Exercise Studio Instructor: Mike	LesMills BODYCOMBAT 5:30-6:30 PM Group Exercise Studio Instructor: Angi	LesMills BodyPump 4:30 – 5:30 PM Group Exercise Studio Instructor: Makenna		



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

Class Descriptions – At the YMCA, everyone is welcome in our classes, regardless of fitness level. Our instructors are welcoming and helpful to assist and modify classes to help you reach your highest potential.

Assisted Yoga: Improve your strength, flexibility and mobility through a small group setting of yoga practice.

We will use blocks and slower, gentle movements to help deepen your stretch and grow in mindfulness.

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 wurk, 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!

Forever Fit: Calling all active seniors! Move and strengthen your body with this class specifically targeting your major muscle groups. We will focus on movement, strength, fall-prevention and core work to ensure you stay healthy and strong for better quality of life. All fitness levels welcome!

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.

Questions?

Contact: Austin Roys, Director of Fitness and Sports, aroys@blackhawkymca.org