



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE

MILLS COUNTY YMCA * 110 Sivers Road * Glenwood, IA 51534 * (712) 527-4352

Effective June 11 – September 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Shari) 5:15-6:15am AS	Group Cycle (Janet) 5:00-6:00am CS	BODYPUMP™ (Shari) 5:15-6:15am AS	Group Cycle (Janet) 5:15-6:00am CS	BODYPUMP™ (Shari) 5:15-6:15am AS	
Aqua Variety (Janet) 6:00-6:45am P		Aqua Variety (Janet) 6:00-6:45am P		Aqua Variety (Janet) 6:00-6:45am P	
Aqua Fit (Janet) 8:00-8:45am P				Aqua Fit (Janet) 8:00-8:45am P	Zumba (Megan) 8:00-8:45am FF AS
	BODYPUMP™ (Jodi) 8:30-9:30am AS	Cardio Variety (Janet) 8:30-9:30am AS	BODYPUMP™(Janet) 8:30-9:30am AS	MIXXEDFIT® (Megan) 8:30-9:30am AS	RIP (Katie) 9:00-10:00am AS
Group Cycle (Janet) 9-9:45am CS					
OWLS 9:00-9:30am P		OWLS 9:00-9:30am P		OWLS 9:00-9:30am P	
	Mix Moves (Diana) 9:45-10:45am AS	TAI CHI (Ann) 9:45-10:30am AS	Mix Moves (Diana) 9:45-10:45am AS		
			Aqua Jog (Alexis) 5:30-6:15pm FF P		
Yoga (Diana) 5:30-6:15pm FF AS		Yoga (Diana) 5:30-6:15pm FF AS	Cycling (Diana) 5:30-6:15pm CS		
	RIP (Ashley) 6:00-7:00pm AS				
Cardio Variety (Diana) 6:30-7:30pm AS		Cardio Variety (Diana) 6:30-7:30pm AS	BOOT (Diana) 6:30-7:15pm AS		

CLASS DESCRIPTIONS

Mills County YMCA

[AS- Aerobic Studio]

(P-Pool)

(CS- Cycling Studio)

(FF) A family friendly class is one that does not have limited equipment, is generally cardio or low impact. A guardian must be attending the class with youth and the youth must have successfully passed youth fitness training and be wearing their bracelet.

Cardio

Group Cycle is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels.

Cardio Variety This combination class includes a variety of cardio moves, plus muscle conditioning, working with dumbbells for a total body workout.

Mix Moves This is a great class for those individuals wanting a low impact group exercise experience. Class includes cardio elements as well as functional fitness elements such as balance, resistance and core work.

ZUMBA Fitness uses exotic rhythms set to high-energy Latin and international beats. (Note: every third Saturday will be Cardio Variety class)

Mixed Fit is a people inspired dance fitness class using a combination of explosive dancing and boot camp style training.

Strength

BODYPUMP™ is the original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body.

RIP is a total body strength workout utilizing barbell weights for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

Combo

BOOT is a 45-minute fusion of cardio, strength, balance and flexibility. Training that changes you!

Mind/Body

Yoga is inspiring, energizing and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

TAI CHI This class will teach individuals how to relax and maintain optimal health through a series of postures and movements. A low-intensity, low-impact form of exercise, which enhances muscle tone, range of motion, and balance.

Aqua

Aqua Variety is a cardiovascular workout that is a combination of different aqua programs.

OWLS Older, Wiser, Livelier, Swimmers is a volunteer class that is a fun lively workout that increases cardiovascular endurance.

Aqua Fit works all major muscle groups with these dynamic exercises. Increase your calorie burn and build lean muscle.

Aqua Jog Gives you the benefits of running with less impact on your body! Come experience the density difference while working hard and burning calories. If you are a runner or recovering from injury, this is the class for you!

Please be prepared for class by wearing appropriate clothing & shoes, showing up a few minutes early & bringing a water bottle & sweat towel!