



**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 January 2 – May 26**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barbell Pump (Shari) 5:15-6:15am <b>AS</b>	Cycling (Janet) 5:00-6:00am <b>CS</b>	Barbell Pump (Shari) 5:15-6:15am <b>AS</b>	Cycling (Jodi) 5:15-6:00am <b>CS</b>	Barbell Pump (Shari) 5:15-6:15am <b>AS</b>	
Aquacise (Janet) 6:00-6:45am <b>P</b>		Yoga (Janet) 5:15 6:00am <b>CS</b>		Aquacise (Janet) 6:00-6:45am <b>P</b>	
Aquacise (Janet) 8:00-8:45am <b>P</b>				Aquacise (Janet) 8:00-8:45am <b>P</b>	Strong by Zumba (Megan) 8:00-9:00 am <b>AS</b>
	BODYPUMP™ (Janet) 8:30-9:15am <b>AS</b>	Cardio Intensity (Janet) 8:30-9:30am <b>AS</b>	Barbell Pump Janet) 8:30-9:30am <b>AS</b>	Zumba (Megan) 8:30-9:15am <b>AS</b>	Barbell Pump (Katie) 9:15-10:15am <b>AS</b>
Cycling (Janet) 9-9:45am <b>CS</b>				BARRE (Janet) 9:30-10:15am <b>AS</b>	
OWLS 9:00-9:30am <b>P</b>		OWLS 9:00-9:30am <b>P</b>		OWLS 9:00-9:30am <b>P</b>	
	Low-Impact Cardio Strength (Diana) 9:45-10:45am <b>AS</b>	TAI CHI (Ann) 9:45-10:30am <b>AS</b>	Low-Impact Cardio Strength (Diana) 9:45-10:45am <b>AS</b>		
	Aqua Interval (Alexis) 5:30-6:10pm <b>FF P</b>		Aqua Interval (Alexis) 5:30-6:15pm <b>FF P</b>		
Yoga (Diana) 5:30-6:15pm <b>FF AS</b>	Cycling (Diana) 5:30-6:15pm <b>CS</b>	Yoga (Diana) 5:30-6:15pm <b>FF AS</b>	Cycling (Diana) 5:30-6:15pm <b>CS</b>		
	Barbell Pump (Katie) 6:00-7:00pm <b>AS</b>				
Total Toning (Diana) 6:30-7:30pm <b>AS</b>		20/20/20 (Diana) 6:30-7:30pm <b>AS</b>			

# 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

**Cycling** Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, and flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

**ZUMBA Fitness** uses exotic rhythms set to high-energy Latin and international beats.

**Strong by Zumba** combines body weight strength, training, cardio, and plyometric training moves and syncs then to original music to help push you to the end of every class. (Note: every third Saturday will be Cardio Intensity class)

**Cardio Intensity** This cardio focused class will provide you the opportunity to increase your heart rate and burn calories. Athletic cardio moves that can be modified for any fitness level will let you work at the intensity that is right for you.

## Combo

**Total Toning** uses a variety of equipment to strengthen and tone the entire body. Each class will blend a variety of movements to focus on overall body strength.

**20/20/20** 20 minutes of cardio, weights, and abs/core each! This class increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenged, this is the class for you. This is a great strength and aerobic workout.

**Low-Impact Cardio Strength** Low impact cardio allows participants to increase their heart rate while minimizing the stress to joints and muscles. This workout will help strengthen your cardiovascular system with a fun upbeat workout.

## Strength

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

**Barbell Pump** is a high repetition, light weight strength training class. Each song within the class has a specific strengthening focus allowing participants to engage all major muscle groups in a 60-minute session.

## Mind/Body

**Yoga** In this class the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscles, developing a mind-body connection.

**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.

**BARRE** An athletic blend of ballet technique, Yoga, Pilates and strength training with cardio intervals mixed into the class. Exercise variations are provide to encourage all fitness levels.

## Aqua

**Aquacise** This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water, but will not be working in the deep end.

**Aqua Interval** Incorporates elements of cardio and strength training. Participants will be encouraged to work at a level that challenges them giving a great workout.

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