



**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 AS | Cycling (Janet) 5:00-6:00am CS | Barbell Pump (Shari) 5:15-6:15am AS | Cycling (Jodi) 5:15-6:00am CS | Barbell Pump (Shari) 5:15-6:15am AS | |
| Aquacise (Janet) 6:00-6:45am P | | Yoga (Janet) 5:15 6:00am CS | | Aquacise (Janet) 6:00-6:45am P | |
| Aquacise (Janet) 8:00-8:45am P | | | | Aquacise (Janet) 8:00-8:45am P | STRONG by Zumba (Megan) 8:00-9:00 am AS |
| | BODYPUMP™ (Janet) 8:30-9:15am AS | Cardio Intensity (Janet) 8:30-9:30am AS | BODYPUMP™ (Janet) 8:30-9:30am AS | Zumba (Megan) 8:30-9:15am AS | Barbell Pump (Katie) 9:15-10:15am AS |
| Cycling (Janet) 9-9:45am CS | | | | BARRE ABOVE (Janet) 9:30-10:15am AS | |
| OWLS 9:00-9:30am P | | OWLS 9:00-9:30am P | | OWLS 9:00-9:30am P | |
| | Low-Impact Cardio Strength (Diana) 9:45-10:45am AS | TAI CHI (Ann) 9:45-10:30am AS | Low-Impact Cardio Strength (Diana) 9:45-10:45am AS | | |
| | | | | | |
| | | | | | |
| | Aqua Interval (Alexis) 5:30-6:10pm FF P | | Aqua Interval (Alexis) 5:30-6:15pm FF P | | |
| Yoga (Diana) 5:30-6:15pm FF AS | Cycling (Diana) 5:30-6:15pm CS | Yoga (Diana) 5:30-6:15pm FF AS | Cycling (Diana) 5:30-6:15pm CS | | |
| | Barbell Pump (Katie) 6:00-7:00pm AS | | | | |
| Total Toning (Diana) 6:30-7:30pm AS | | 20/20/20 (Diana) 6:30-7:30pm 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

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 ABOVE 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.