



**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 – March 30

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		Aqua Toning 8:00-8:45am P		Aquacise (Janet) 8:00-8:45am P	STRONG by Zumba (Megan) 8:00-9:00 am AS
Cycling (Janet) 9-9:45am CS	Barbell Pump (Christina) 8:30-9:30am AS	Cardio Intensity (Janet) 8:30-9:30am AS	BODYPUMP™ (Janet) 8:30-9:30am AS	BARRE Fusion (Janet) 9:00-9:45am AS	Barbell Pump (Christina) 9:15-10:15am AS
OWLS 9:00-9:30am P		OWLS 9:00-9:30am P		OWLS 9:00-9:30am	
Sit & Fit (Anne) 9:45-10:30am AS	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	Sit & Fit (Anne) 10:00-10:45am AS	
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		
Deep Water (Alexis) 6:30-7pm P					
Total Toning (Diana) 6:30-7:30pm AS		20/20/20 (Diana) 6:30-7:30pm AS	Barbell Pump (Christina) 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.

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.

Sit & Fit sit for fun fitness to increase your cardiovascular and muscular endurance power with a circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a ball for a low-impact aerobics workout. A chair is used for support.

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 Fusion An athletic blend of ballet technique, Yoga, Pilates and strength training with cardio intervals mixed into the class. Exercise variations are provided 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.

Aqua Toning is a volunteer class utilizes handbuoys, the resistance of the water, and dynamic movements to create improved muscle tone and definition.

Deep Water- This moderate to high intensity aerobic workout takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.