



**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 23**

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		Aquacise (Janet)  6:00-6:45am P			
Aquacise (Janet)  8:00-8:45am P		Aqua Toning  8:00-8:45am P		Aquacise (Alexis)  8:00-8:45am P	Active Together (Megan) 8:00-9:00am AS
Active Together (Christina) 8:30-9:30am AS	Barbell Pump (Christina) 8:30-9:30am AS	Cardio Intensity (Janet) 8:30-9:30am AS	BODYPUMP™ (Janet) 8:30-9:30am AS	Pound® (Morgan) 8:15-8:45am AS	Cycling (Alexis) 8:15-9:00am CS
Cycling (Janet) 9-9:45am CS				Barre Blend (Kori) 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	
Silversneakers® Classic (Anne) 10:00-10:45amj AS	Low-Impact Cardio Strength (Diana) 9:45-10:45am AS	Active Together (Christina) 9:45-10:45am AS	Low-Impact Cardio Strength (Diana) 9:45-10:45am AS	Silversneakers® Classic (Anne) 10:00-10:45amj AS	
	BODYPUMP™ (Janet) 4:30-5:30pm AS		Active Together (Megan) 4:30-5:30pm AS		
Yoga (Diana) 5:30-6:15pm AS		Yoga (Diana) 5:30-6:15pm AS	Cycling (Diana) 5:30-6:15pm CS		
Aquacise (Becky)  5:45-6:30pm P FF		Aquacise (Becky)  5:45-6:30pm P FF			
Total Toning (Diana) 6:30-7:30pm AS	Pound® (Morgan) 6:30-7:15pm AS	20/20/20 (Diana) 6:30-7:30pm AS			

# CLASS DESCRIPTIONS

## Mills County YMCA

[AS- Aerobic Studio]

(P-Pool)

(CS- Cycling Studio)

## 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.

**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.

**Pound®** participants use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and Pilates-inspired movements

## 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.

**Silversneakers® Classic-** Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

**Active Together** is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will insure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP™."

## 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.

**Barre Blend** is a blend of low impact, high intensity cardio moves and strength training focusing on long lean muscle building. Inspired by traditional ballet, yoga and pilates, each class will focus on core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension.

## 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.

**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 hand buoys, the resistance of the water, and dynamic movements to