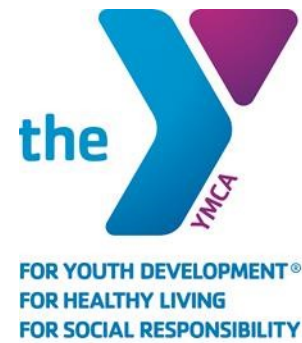


GET HEALTHY TOGETHER

MARSHALLTOWN YMCA-YWCA Group Exercise Schedule



eliminating racism
empowering women
ywca

Winter 2020: January 6 – March 29

Winter 3: March 2 – March 29

Monday

Warrior Workout
M/W 5:10-6a.m.
Cardio Pump Fusion
M/W/F 6-6:45a.m.
Cardio Mix
M/W 8-8:45a.m.
R.I.P.P.E.D.
M/W/F 9-10a.m.
Chair Yoga
M 9:30-10a.m.
Tai Chi
M 10-10:30a.m.
Enhance@Fitness
Endorsed by Silver & Fit ®
M/W/F 10-11a.m.
M/W/F 1-2p.m.
Core
M/T/W/Th 5-5:30p.m.
Group Power
M/W 5:30-6:30p.m.
Buti Yoga
M 5:30-6:30p.m.
Low-Moderate Intensity
Strength *Upstairs*
M/W 8:30a.m.
Cycle
M/W/F 9a.m.
M/W 5:30p.m.

Tuesday

Tabata X-Fit
T/Th 5:15-6:30a.m.
Gentle Flow Yoga
T/Th 6-6:30a.m.
Total Body Sculpt
T/Th 8:30-9a.m.
Group Power
T/Th 9-10a.m.
Yoga
T/Th 9:05-9:50a.m.
Rollga Stretch
T 10-10:30a.m.
Core
M/T/W/Th 5-5:30p.m.
Cardio Knockout
T 5:30-6:30p.m.
Yoga
T/Th 5:30-6:30p.m.
Cycle
T/Th 8:30a.m.
T/Th 5:30p.m.

Wednesday

Warrior Workout
M/W 5:10-6a.m.
Cardio Pump Fusion
M/W/F 6-6:45a.m.
Cardio Mix
M/W 8-8:45a.m.
R.I.P.P.E.D.
M/W/F 9-10a.m.
Buti Yoga
W 9-10a.m.
Enhance@Fitness
Endorsed by Silver & Fit ®
M/W/F 10-11a.m.
M/W/F 1-2p.m.
Core
M/T/W/Th 5-5:30p.m.
Group Power
M/W 5:30-6:30p.m.
Restorative Yoga
W 5:30-6:30p.m.
Low-Moderate Intensity
Strength *Upstairs*
M/W 8:30a.m.
Cycle
M/W/F 9a.m.
M/W 5:30p.m.

Thursday

Tabata X-Fit
T/Th 5:15-6:30a.m.
Gentle Flow Yoga
T/Th 6-6:30a.m.
Total Body Sculpt
T/Th 8:30-9a.m.
Group Power
T/Th 9-10a.m.
Yoga
T/Th 9:05-9:50a.m.
Core
M/T/W/Th 5-5:30p.m.
Yoga
T/Th 5:30-6:30p.m.
Cycle
T/Th 8:30a.m.
T/Th 5:30p.m.

Friday

Warrior Workout
F 5:10-6a.m.
Cardio Pump Fusion
M/W/F 6-6:45a.m.
Stretch and Restore
1st/3rd/5th Friday
F 8:30-9a.m.
Tai Chi *2nd/4th Friday*
F 8:30-9a.m.
R.I.P.P.E.D.
M/W/F 9-10a.m.
Enhance@Fitness
Endorsed by Silver & Fit ®
M/W/F 10-11a.m.
M/W/F 1-2p.m.
Group Power
F 5-6p.m.
Cycle
M/W/F 9a.m.

Weekend

Buti Yoga
Sa 9-10a.m.

- Classes listed in blue are instructor-led classes and take place in the group exercise area unless otherwise noted
- Classes listed in purple are Fitness on Demand-virtual group exercise classes and take place in Fitness on Demand downstairs across from the adult men's locker room unless otherwise noted

The schedule for the upcoming session will be released the Wednesday before the session begins.

--Last Updated: February 25

MARSHALLTOWN YMCA-YWCA
108 Washington St, Marshalltown, IA 50158
P 641 752 8658 www.ymca-ywca.org

CLASS DESCRIPTIONS – 2020 Winter Group Exercise

CARDIO KNOCKOUT — Get sweaty in this heart pumping workout using plyometric and mixed-martial arts drills to increase cardiovascular endurance.

CARDIO MIX — For those that enjoy variety, choreography, and being challenged—this class uses a variety of exercise tools creatively to tone and define muscles of the upper and lower body in addition to a great cardiovascular workout.

CARDIO PUMP FUSION — A high energy class that creates a perfect balance of fitness movements fused together for a complete total body workout. You will leave this class feeling lifted and accomplished, eager for more. Join Cardio Pump Fusion on Fridays for 30 minutes of total body workout, 30 minutes of step!

CORE — Standing functional core training is combined with floor ab exercises to give you a vigorous core strengthening experience.

ENHANCE@FITNESS Endorsed by Silver & Fit®— EnhanceFitness is a proven program for senior fitness and arthritis management. Benefits of the program's low impact classes include increased strength, balance, flexibility, and reduction in arthritis symptoms.

R.I.P.P.E.D. — Resistance. Interval. Power. Plyometrics. Endurance. Diet. You will tone, firm, and create a whole new level of fitness— it's the "one stop body shock".

ROLLGA STRETCH — Rollga is a uniquely designed foam roller ideal for self-myofascial release. Make Rollga your stop for a workout warm up or recovery aid.

GROUP POWER — Formerly Strength Train Together, Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Strength Train Together combines squats, lunges, presses, and curls with functional integrated exercises.

STRETCH AND RESTORE— A full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance. **Class will meet the 1st, 3rd, and 5th Friday of the month, alternating with Tai Chi meeting the 2nd and 4th Friday of the month.**

TABATA X-FIT— Workout like some of the greatest athletes in Tabata X-Fit. Challenge yourself with constantly varied Tabata intervals, where there is 20 seconds of work and 10 seconds of rest with the occasional longer interval. Get a total body workout using weights, boxes, and cardio drills.

TAI CHI— Graceful form of exercise consisting of slow and intentional movements. Tai Chi promotes serenity and stress reduction.

TOTAL BODY SCULPT — An energetic workout that will target your whole body with strength, cardio, and core movements.

WARRIOR WORKOUT— Get stronger, get results, and get ready to battle. Each class will throw a new challenge at you using weights, jump ropes, and much more! You won't want to miss this class!

YOGA — Enjoy traditional yoga poses to enhance flexibility, range of motion, and muscle tone. You will leave feeling energized and ready for the rest of the day. **BUTI YOGA** — An energetic yoga combining jump training, tribal dancing, and dynamic yoga asanas (postures). Buti Yoga is all about finding your own strength and flow in your life. **CHAIR YOGA**— Get all of the benefits of traditional yoga - gentle stretching, intention setting, meditation- while using a chair. Chair Yoga is perfect for those unable to get down/up from the floor. **GENTLE FLOW YOGA**— Start your day off right with Yoga! Traditional yoga postures will work together to bring strength, stretch, and relaxation to your morning. **RESTORATIVE YOGA**— Enhance your well-being with Yoga techniques and skills to soothe and balance your central nervous system. Still your mind, boost immune function, relax your body, enhance positive mood states, and help develop qualities of compassion and understanding towards yourself and others.

CYCLE— Jump on a bike and go for a ride that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more! Find yourself riding on location or chasing the beats, either way it will be a blast! *Intensity Level: Standard*

LOW-MODERATE INTENSITY STRENGTH— Be motivated to move more and build muscle. Classes target upper and lower body strengthening and cardiovascular fitness to ensure you leave feeling accomplished! *Intensity Level: Easy-Standard*

Health and Wellness Class Guidelines

- No pre-registration for group exercise; No "Class Pass" needed
- Group exercise classes are free and included with memberships and day passes
- Each class is easily adjusted for individual comfort and ability level
- Youth ages 10-13 along with a parent/guardian may attend following a Parent/Child Fitness Orientation
- **The Marshalltown YMCA-YWCA reserves the right to change the schedule or cancel classes due to consistently low attendance**
- All **instructor-led classes** take place in the **group exercise area** unless otherwise noted
- All **Fitness on Demand-virtual group exercise-classes** take place in the **Fitness on Demand room** across from the adult men's locker room unless otherwise noted
- Please see a staff person for assistance with Fitness on Demand virtual group exercise classes
- Fitness on Demand virtual cycling participants will collectively select and start an offering for the class. Please do not start the chosen offering before the scheduled start time.