

# GET HEALTHY TOGETHER

## MARSHALLTOWN YMCA-YWCA Group Exercise Schedule



eliminating racism  
empowering women  
**ywca**

Winter 2018: January 2 - April 1

Winter 2: February 5 - March 4

### Monday

Strength Train Together  
M/W 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-7a.m.  
Cardio Mix  
M/W 8-8:45a.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.  
Core  
M/T/W/Th 5-5:30p.m.  
Strength Train Together  
M/W 5:30-6:30p.m.  
Rollga Stretch  
M 6:30-7:00p.m.  
Cycle  
M/W/F 5:15a.m.  
Low-Moderate Intensity  
Strength \*Upstairs\*  
M/W 8:30a.m.  
Cycle  
M/W/F 9a.m.  
M/W/F 12:15p.m.  
M/W 5:30p.m.  
Dance Class \*Upstairs\*  
M 5:30p.m.  
Power Yoga  
M/W 7:30p.m.

### Tuesday

Grit Iron  
T/Th 5:15-6:30a.m.  
Yoga Stretch  
T/Th 6-6:30a.m.  
Total Body Sculpt  
T/Th 8:30-9a.m.  
Cardio Pump Fusion  
T/Th 9-10:15a.m.  
Yoga  
T/Th 9:05-9:50a.m.  
Rollga Stretch  
T 10:15-10:45a.m.  
Mindful Meditation  
T 4:30-5:30p.m.  
Core  
M/T/W/Th 5-5:30p.m.  
Cardio Knockout  
T/Th 5:30-6:30p.m.  
Yoga  
T/Th 5:30-6:30p.m.  
Low-Moderate Intensity  
Total Body \*Upstairs\*  
T/Th 5:30a.m.  
Power Step \*Upstairs\*  
T/Th 7:45a.m.  
Cycle  
T/Th 8:30a.m.  
Yoga  
T/Th 12:15p.m.  
Cycle  
T/Th 5:30p.m.  
Moderate-High Intensity  
Total Body  
T/Th 7:30p.m.

### Wednesday

Strength Train Together  
M/W 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-7a.m.  
Cardio Mix  
M/W 8-8:45a.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.  
Core  
M/T/W/Th 5-5:30p.m.  
Strength Train Together  
M/W 5:30-6:30p.m.  
Cycle  
M/W/F 5:15a.m.  
Low-Moderate Intensity  
Strength \*Upstairs\*  
M/W/8:30a.m.  
Cycle  
M/W/F 9a.m.  
M/W/F 12:15p.m.  
M/W 5:30p.m.  
Power Yoga  
M/W 7:30p.m.

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

---Last Updated: January 29th, 2018

### Thursday

Grit Iron  
T/Th 5:15-6:30a.m.  
Yoga Stretch  
T/Th 6-6:30a.m.  
Total Body Sculpt  
T/Th 8:30-9a.m.  
Cardio Pump Fusion  
T/Th 9-10:15a.m.  
Yoga  
T/Th 9:05-9:50a.m.  
Core  
M/T/W/Th 5-5:30p.m.  
Cardio Knockout  
T/Th 5:30-6:30p.m.  
Yoga  
T/Th 5:30-6:30p.m.  
Low-Moderate Intensity  
Total Body \*Upstairs\*  
T/Th 5:30a.m.  
Power Step \*Upstairs\*  
T/Th 7:45a.m.  
Cycle  
T/Th 8:30a.m.  
Yoga  
T/Th 12:15p.m.  
Cycle  
T/Th 5:30p.m.  
Moderate-High Intensity  
Total Body  
T/Th 7:30p.m.

### Friday

Warrior Workout  
F 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-7a.m.  
Rollga Stretch  
F 6-6:30a.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.  
Strength Train Together  
F 5-6p.m.  
Cycle  
M/W/F 5:15a.m.  
Axis \*Upstairs\*  
F 8:30a.m.  
Cycle  
M/W/F 9a.m.  
M/W/F 12:15p.m.

### Weekend

Warrior Workout  
Sat 8-9a.m.  
Yoga \*Upstairs\*  
Sat 9a.m.  
Cycle  
Sat 9a.m.  
Boot  
Sat 10a.m.

- Classes listed in purple are instructor-led classes and take place in the group exercise area unless otherwise noted
- Classes listed in blue 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

MARSHALLTOWN YMCA-YWCA  
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## CLASS DESCRIPTIONS – 2017 Fall 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.

**GRIT IRON**— High intensity interval training (HIIT) is all the rage. Challenge yourself with a HIIT strength and cardio workout that is sure to make you sweat!

**MINDFUL MEDITATION**— Engage your mind and body in this meditation focusing on the present moment. Take some time to switch off of "automatic" mode and fall into mindful relaxation.

**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.

**STRENGTH TRAIN TOGETHER** — Strength Train Together 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.

**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.

**YOGA STRETCH**— Start your day off right with Yoga! Traditional yoga postures will work together to bring strength, stretch, and relaxation to your morning.

**AXIS**— AXIS by Group Rx puts POWER TO THE CORE. AXIS creates stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength and, finally, power. *Intensity Level: Standard*

**LOW-MODERATE INTENSITY TOTAL BODY**— A muscle and cardio conditioning class that will burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness level. *Intensity Level: Standard*

**BOOT**— Improve strength, cardiovascular response, balance and flexibility in one hour. DISCOVER YOUR INNER ATHLETE! *Intensity Level: Standard*

**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*

**DANCE CLASS**— Dance the class away. With variety ranging from ballet to hip hop to dance conditioning, boredom is a thing of the past. *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*

**MODERATE-HIGH INTENSITY TOTAL BODY**— Push yourself to reach your maximum potential. Using high intensity interval training (HIIT), kickboxing, and dumbbells, your body will always be guessing. *Intensity Level: Advanced*

**POWER STEP**— Functional, athletic and time efficient training is yours in POWER STEP. Cardio, strength, balance and agility improve through multi-plan patterns, on the floor and step. *Intensity Level: Standard*

**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. *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 and a class pass 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
- A staff member will be present to greet and assist with Fitness on Demand virtual group exercise classes