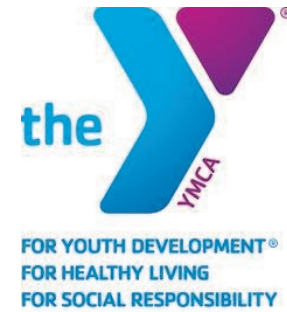


# GET HEALTHY TOGETHER



eliminating racism  
empowering women  
**ywca**

## MARSHALLTOWN YMCA-YWCA Group Exercise Schedule

Winter 2019: January 7-March 31

Winter 2: February 4 - March 3

### Monday

Warrior Workout  
M/W 5:10-6a.m.  
AquaBodyStrong \*Lap Pool\*  
M/W 5:15-5:45  
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.  
Instructor-Led Group Cycle  
\*Downstairs Location\*  
M 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.  
Instructor-Led Group Cycle  
\*Downstairs Location\*  
M 5:30-6:30p.m.  
Rollga Stretch  
M 6-6:30p.m.  
Low-Moderate Intensity  
Strength \*Upstairs\*  
M/W 8:30a.m.

### Tuesday

Tabata X-Fit  
T/Th 5:15-6:30a.m.  
Yoga Stretch  
T/Th 6-6:30a.m.  
Total Body Sculpt  
T/Th 8:30-9a.m.  
Strength Train Together  
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/Th 5:30-6:30p.m.  
Family AquaBodyStrong  
\*Lap Pool\*  
T 5-5:30p.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.  
AquaBodyStrong \*Lap Pool\*  
M/W 5:15-5:45  
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.  
F.I.T. Family  
W 5:30-6p.m.  
AquaBodyStrong \*Lap Pool\*  
W 6:45-7:30p.m.  
Low-Moderate Intensity  
Strength \*Upstairs\*  
M/W 8:30a.m.  
Cycle  
W/F 9a.m.  
W 5:30p.m.

### Thursday

Tabata X-Fit  
T/Th 5:15-6:30a.m.  
Yoga Stretch  
T/Th 6-6:30a.m.  
Total Body Sculpt  
T/Th 8:30-9a.m.  
Strength Train Together  
T/Th 9-10a.m.  
Yoga  
T/Th 9:05-9:50a.m.  
AquaBodyStrong \*Lap Pool\*  
Th 10:15-10:45a.m.  
Core  
M/T/W/Th 5-5:30p.m.  
F.I.T. Camp  
T/Th 5:30-6:30p.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 6-7a.m.  
Rollga Stretch  
F 6-6:30a.m.  
Stretch and Restore  
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.  
Strength Train Together  
F 5-6p.m.  
Cycle  
W/F 9a.m.

### Weekend

F.I.T. Camp  
Sa 8:30-9:30a.m.  
Yoga  
Sa 9-10a.m.  
Aqua Body Strong \*Lap Pool\*  
Sa 9:30-10:15a.m.  
\*\*There will be NO Aqua Body Strong  
on March 2nd due to the YMCA State  
Swim Meet.\*\*

- 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: January 31, 2019

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

## CLASS DESCRIPTIONS – 2018 Winter Group Exercise

**AQUA BODY STRONG and AQUA BODY YOGA**— Strengthen your core and improve balance on the tethered Aqua Body boards. Make a splash in this total body workout with a variety of intensity levels – from Yoga to High Intensity Interval Training, and everything between. Classes take place in the Lap Pool and Rec Pool. Tighter fitting workout clothes are acceptable attire.

**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.

**FAMILY AQUA BODY STRONG** — Strengthen your core and improve balance on the tethered Aqua Body boards. This class will incorporate fun moves to encourage families to be active together. Kids must pass a swim test to participate in class. Classes take place in the Lap Pool and Rec Pool. Tighter fitting workout clothes are acceptable attire.

**F.I.T. CAMP**— Focus. Inspire. Transform. It's intense, it's cardio, it's strength training, all with a boot camp feel. Don't miss this fun totally body challenge for any fitness level!

**F.I.T. FAMILY**— Focus. Inspire. Transform. Your family. Healthy physical activity habits start young. Join in activities, games, and exercises together as a family! Class is aimed at kids 5-9 years old with a participating adult (or two).

**R.I.P.P.E.D.** — Resistance. Interval. Power. Plyometrics. Endurance. Diet. You will tone, firm, and create a whole new level of fitness—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.

**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.

**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.

**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.

**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.