

# GET HEALTHY TOGETHER

## MARSHALLTOWN YMCA-YWCA Group Exercise Schedule



eliminating racism  
empowering women  
**ywca**

Fall 2020

Fall 3: October 26 - November 22

### Monday

Warrior Workout  
M/W 5:10-6a.m.

#### Sanitize

Cardio Pump Fusion  
M/W/F 6-6:45a.m.

#### Sanitize

Cardio Mix  
M/W 8-8:45a.m.

#### Sanitize

R.I.P.P.E.D.  
M/F 9-10a.m.

#### Sanitize

Rock Steady Boxing  
M/W/F 9-10a.m.

#### Sanitize

Enhance@Fitness  
Endorsed by Silver & Fit ®  
M/W/F 10:15-11:15a.m.

#### Sanitize

Group Power  
M/W 5:30-6:30p.m.

#### Sanitize

Buti Yoga  
M 5:30-6:30p.m.

#### Sanitize

### Tuesday

Tabata X-Fit  
T/Th 5:15-6:15a.m.

#### Sanitize

Group Power  
T/Th 9-10a.m.

#### Sanitize

Yoga  
T/Th 9-9:45a.m.

#### Sanitize

Core  
T 5:30-6p.m.

#### Sanitize

Yoga  
T 5:30-6:30p.m.

#### Sanitize

### Wednesday

Warrior Workout  
M/W 5:10-6a.m.

#### Sanitize

Cardio Pump Fusion  
M/W/F 6-6:45a.m.

#### Sanitize

Cardio Mix  
M/W 8-8:45a.m.

#### Sanitize

Rock Steady Boxing  
M/W/F 9-10a.m.

#### Sanitize

Buti Yoga  
W 9:15-10:15a.m.

#### Sanitize

Enhance@Fitness  
Endorsed by Silver & Fit ®  
M/W/F 10:15-11:15a.m.

#### Sanitize

Group Power  
M/W 5:30-6:30p.m.

#### Sanitize

Gentle Flow Yoga  
W 5:30-6:15p.m.

#### Sanitize

### Thursday

Tabata X-Fit  
T/Th 5:15-6:15a.m.

#### Sanitize

Group Power  
T/Th 9-10a.m.

#### Sanitize

Yoga  
T/Th 9-9:45a.m.

#### Sanitize

### Friday

Cardio Pump Fusion  
M/W/F 6-6:45a.m.

#### Sanitize

R.I.P.P.E.D.  
M/F 9-10a.m.

#### Sanitize

Rock Steady Boxing  
M/W/F 9-10a.m.

#### Sanitize

Enhance@Fitness  
Endorsed by Silver & Fit ®  
M/W/F 10:15-11:15a.m.

#### Sanitize

### Weekend

Buti Yoga  
Sa 9-10a.m.

#### Sanitize

All class participants will be **REQUIRED** to abide by social distancing guidelines and sanitize all equipment used during classes with provided sanitizing spray and towels.

A limited supply of sanitized yoga mats will be available for each yoga class. Yoga participants are **STRONGLY** encouraged to bring their own mats.

Additional guidelines on the next page.

## CLASS DESCRIPTIONS – 2020 Fall Group Exercise

**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.

**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.

**GENTLE FLOW YOGA**— End your day on a relaxing note! Traditional yoga postures will work together to bring strength, stretch, and relaxation to your evening.

**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, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

**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”.

**ROCK STEADY BOXING**— Rock Steady Boxing works by moving the body in all planes of motion while continually changing the exercises and modalities used throughout the workout. Class is available to those with Parkinson’s Disease. Registration and medical clearance is required prior to first class.

**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.

**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.

**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!

**Please also read the Marshalltown YMCA-YWCA Phased Reopening Facility Guidelines before entering.**

### Health and Wellness Class

#### Guidelines

- No pre-registration for group exercise and classes are included free 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**
- Please see a staff person for assistance with Fitness on Demand virtual group exercise classes
- All classes will take place in the group exercise area on the second floor of the Horne-Henry Center

#### Safety Guidelines

- All class participants will be **REQUIRED** to abide by social distancing guidelines and sanitize all equipment used during classes with provided sanitizing spray and towels.
- A limited supply of laundered yoga mats will be available for each yoga class. Yoga participants are **STRONGLY** encouraged to bring their own mats.
- Fitness on Demand Upstairs/Studio 2 will remain unavailable unless being used for an instructor-led class. Fitness on Demand Downstairs is available for those wanting to participate in virtual group exercise.
- Class participants are welcome to wear a cloth mask, but not required, when inside the facility.
- Courtesy towel service will not be provided at this time.

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

--Last Updated: October 15