



\*Highlighted classes are NEW or have a change of time

# January Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-6:00am <b>Pure Strength</b> Abby Cunningham		5:00-6:00am <b>Pure Strength</b> Abby Cunningham	5:00-5:30am <b>Cycling</b> Megan Bedford		
5:15-5:45am <b>Kettlebell</b> Diane Arndt	5:30-6:00am <b>Restorative Yoga</b> Angel Thompson	5:15-5:45am <b>Kettlebell</b> Diane Arndt		5:15-5:45am <b>Kettlebell</b> Diane Arndt		
5:30-6:30am <b>B-Fit Boot Camp</b> Megan Bedford		5:30-6:30am <b>B-Fit Boot Camp</b> Megan Bedford		5:30-6:30am <b>B-Fit Boot Camp</b> Megan Bedford		
5:45-6:30am <b>Cycling</b> Jenn Helland		5:45-6:30am <b>Cycling</b> Jenn Helland		5:45-6:30am <b>Cycling</b> Jenn Helland		
					7:30-8:30am <b>Cycling</b> Karri Gansen	
8:30-9:30am <b>Studio Cycling</b> Jessica Qualey		8:30-9:30am <b>Studio Cycling</b> Jessica Qualey		8:30-9:30am <b>Studio Cycling</b> Jessica Qualey		
8:45-9:15am <b>Xpress Step</b> Kara Raney	8:45-9:30am <b>Power Pump</b> Kara Raney	8:45-9:15am <b>Xpress Step</b> Shelley Fitzsimmons	8:45-9:30am <b>Power Pump</b> Kara Raney	8:45-9:15am <b>Xpress Step</b> Shelley Fitzsimmons		
	9:35-10:05am <b>Whiddle the Middle</b> Shelley Fitzsimmons		9:35-10:05am <b>Whiddle the Middle</b> Shelley Fitzsimmons			
9:30-10:15am <b>Pilates</b> Kara Raney	9:35-10:35am <b>Cycling</b> Andrea Johnson	9:30-10:30am <b>Strength &amp; Core</b> Keri Mixdorf	9:35-10:35am <b>Cycling</b> Andrea Johnson	9:30-10:15am <b>Pilates</b> Kara Raney		
9:30-10:30am <b>Active Older Adults</b> Jacque Petersen	9:45-10:45 am <b>Zumba Fitness®</b> Christi Despenas	9:30-10:30am <b>Active Older Adults</b> Jacque Petersen				
	11:00-11:45am <b>Tai Chi</b> Glen Hepker	11:00-11:45am <b>Tai Chi</b> Glen Hepker		11:00-11:45am <b>Tai Chi</b> Glen Hepker		1:30-2:30pm <b>STRONG</b> by Zumba® Debbie Miller
						2:00-3:00pm <b>Cycle with Spirit</b>
4:30-5:20pm <b>Cycling</b> Judy DeRock	4:30-5:20pm <b>Cycling</b> Judy DeRock	4:30-5:20pm <b>Cycling</b> Judy DeRock	4:30-5:20pm <b>Cycling</b> Judy DeRock			
5:30-6:30pm <b>Cycling</b> Karri Gansen	5:30-6:15pm <b>Body Sculpt</b> Judy DeRock	5:30-6:30pm <b>Cycling</b> Karri Gansen	5:30-6:15pm <b>Body Sculpt</b> Judy DeRock	5:15-6:15pm <b>B-Fit Boot Camp</b> Debbie Miller		
5:30-7:00pm <b>Taekwondo</b> Alexis Redeker		6:00-7:00pm <b>Vinyasa Yoga</b> Angel Thompson	6:00-7:00pm <b>Taekwondo</b> Alexis Redeker			
6:00-7:00pm <b>B-Fit Boot Camp</b> Debbie Miller	6:30-7:15pm <b>Zumba Fitness®</b> Kyong Ae Smith	6:00-7:00pm <b>B-Fit Boot Camp</b> Debbie Miller	6:30-7:30pm <b>Zumba Fitness®</b> Christi Despenas			

**Schedule Begins:** January 1st and is subject to change. Session is 1-month long

**Registration:** Y Members 12/24

Program Members 12/26

**Payment:** Full payments must be received at the time of registration.

Y Members: **FREE (with the exception of Tai Chi & Taekwondo)**

Program Members: **(Prices are for the entire month and specific to the instructor & time)**

Once a week = \$12 / Twice a week = \$22 / Three times a week = \$32 / Four times a week = \$42

### Active Older Adults

Improve flexibility, muscle strength, and have fun in this challenging co-ed workout for active older adults.  
(Follows Youth Registration Dates)

### B-Fit Boot Camp

Faster. Better. Stronger! Boot camp is for everyone from beginners to the most avid exercisers. To help improve overall cardio, muscular strength and flexibility, you will participate in high intensity intervals, plyometrics & group competitions. Train yourself for serious results.

### Body Sculpt

You will use a variety of methods such as free weights, resistant bands and your own body to provide you with an overall body workout.

### Cycling- All levels Welcome! **FREE FOR JANUARY!**

If you need to mix up your cycling routine or need a low impact, but a high intensity workout, our indoor cycling class will get you the training you need to prepare you for whatever your needs are.

### Cycle with Spirit- **FREE FOR JANUARY!**

A relaxed and uplifting twist on cycling class. Streaming a worship service from an Iowa church to watch while you cycle at your own pace. New to cycling? Want a change or addition to your Sunday routine? Join us on Sundays at 2:00 p.m. This was started by two volunteers at Mason City Family YMCA who desire is to get people in the cycle room and be encouraged in their Christian faith.

### Kettlebell

What is Kettlebell? A kettlebell is a cast iron ball with a handle attached to the top of it. This design makes kettlebells different from training with dumbbells because the weight of a kettlebell is not distributed evenly, thus creating the need to counter balance and stabilize during your workout. This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

### Pilates

Want to decrease your back pain as well as improve your posture, flexibility and core strength? Core strength is essential in helping us to go effortlessly and pain free through our daily activities. This is not just an ab class. This class is designed to for your entire core.

### Power Pump

You will be strength training using weights, bands and balls that works all major muscle groups. By adding strength training to your workout routine, you will not only tone your muscles, but it helps increase bone health, develop better body mechanics, and plays a role in disease prevention.

### Pure Strength

Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. You will be including body weight and free weights to change the shape of your body - no muscle gets neglected.

### Whiddle the Middle

This 30 minute class is all about the core! Fire up your abs, lower back and glutes to build a stable, stronger and more powerful core.

### Restorative Yoga

Sore? Tired? Stressed? Restorative yoga provides healing for the body and the mind. It is especially useful when you need to eliminate fatigue and stress that result from your daily activities.

### Strength & Core

When you're looking to find how to tone your body effectively and efficiently, look no further than this class! You will be targeting your core along with glutes legs, arms, shoulders and back. This class offers a variety of exercises to hit every muscle on your body

### STRONG by Zumba®

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by music, helping you make it to that last rep, and maybe even five more.

### Studio Cycling- **FREE FOR JANUARY!**

Want to watch a concert or view a wilderness ride? Jump on one of our bikes and start pedaling! You will pedal through hill climbs, sprints, and many other challenging drills and exercises. Don't forget to bring your water and a towel!

### Tai Chi

Can you walk up a flight of stairs? Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm, refreshed and energized with this ancient form of Chinese exercise. There is a combination of relaxed movements that develop a sense of balance and harmony between mind and body.

**\$20 Y Members/ \$35 Program Members**

### Taekwondo

This class is not just for children as there are adults mixed in as well. Everyone learns Poomsae (forms), Kyorugi (sparring), one step sparring, and hand and foot techniques. The class goes by five tenants in Taekwondo which are courtesy, integrity, perseverance, self-control and indomitable spirit. Taekwondo is meant to teach discipline, self-defense, respect and confidence. The class does various exercises whether it's kicking drills or overall body strengthen. Come join Alexis and the Cedar Valley Taekwondo class!

**Beginners \$15 Y Members/ \$30 Program Members**

**Advanced \$18 Y Members/ \$36 Program Members**

### Vinyasa Yoga

Angel's class is a moderately paced yoga class that allows time and support to understand alignment of each posture. Power yoga introduces the students to vinyasa flow which transitions through postures using one breathe to one movement to enhance flexibility, muscular strength, and mental awareness.

### Xpress Step

Just like walking up and down stairs (using an elevated platform), this express 30 minute fat-burning step aerobics class is guaranteed to sizzle calories and demand the result needed.

### Zumba Fitness®

A fun co-ed workout for all ages! Zumba Fitness is a high-energy Latin inspired cardio dance for a great full body work out that will strengthen your core and improve flexibility. You'll leave the class with a boost of energy and an awesome feeling