



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FEBRUARY 2022 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
<b>AM CLASSES</b>				
5:10-5:40am <b>KETTLEBELL</b> Jenn Helland		5:10-5:40am <b>KETTLEBELL</b> Jenn Helland		5:00-6:15am <b>BOOTCAMP</b> Megan Bedford
5:15-6:15am <b>BOOTCAMP</b> Megan Bedford		5:15-6:15am <b>BOOTCAMP</b> Megan Bedford	7-7:45 am <b>LINE DANCING</b> Tracy Melhus	
5:45-6:30am <b>CYCLING WITH JEN</b> Jenn Helland	8:30-9:00am <b>STEP-IT-UP</b> Shelley Fitzsimmons	5:45-6:30am <b>CYCLING WITH JEN</b> Jenn Helland	8:30-9:00am <b>STEP-IT-UP</b> Shelley Fitzsimmons	
8:30-9:00am <b>PUMPED UP PILATES</b> Keri Mixdorf	9:15-10:00am <b>ALL ABOUT THE CORE</b> Shelley Fitzsimmons	8:30-9:00am <b>TRACK TIME</b> Keri Mixdorf	9:15-10:00am <b>ALL ABOUT THE CORE</b> Shelley Fitzsimmons	
9:15-10:15am <b>CARDIO CYCLING</b> Keri Mixdorf	9:15-10:30am <b>PUMPED UP CYCLE</b> Andrea Johnson	9:15-10:15am <b>Strength &amp; Core</b> Keri Mixdorf	9:15-10:30am <b>PUMPED UP CYCLE</b> Andrea Johnson	
	10:30-11:15am <b>TAI CHI</b> Glen Hepker	10:30-11:15am <b>TAI CHI</b> Glen Hepker		10:30-11:15am <b>TAI CHI</b> Glen Hepker
<b>PM CLASSES</b>				
	4:30-5:20pm <b>CYCLING</b> Judy DeRock		4:30-5:20pm <b>CYCLING</b> Judy DeRock	
5:15-5:45pm <b>LINE DANCING</b> Tracy Melhus		4:45-5:30pm <b>HATHA YOGA</b> Nora Hardy		
	5:30-6:15pm <b>BODY SCULPT</b> Judy DeRock		5:30-6:15pm <b>BODY SCULPT</b> Judy DeRock	
6:00-7:00pm <b>BOOTCAMP</b> Cassy Anderson	6:30-7:30pm <b>ZUMBA</b> Kyong Ae Smith	6:00-7:00pm <b>BOOTCAMP</b> Cassy Anderson	6:30-7:30pm <b>POUND</b> Brittney Logeman	6:00-7:00pm <b>BOOTCAMP</b> Cassy Anderson

**Masks are not required**

**Participants will be 6 feet apart**

**Valentine's Class-a-thon happening Saturday, February 12th starting at 7am**

**SCHEDULE BEGINS:** The 1st of every month.

**Y MEMBERS:** FREE  
(With Exception of Tai Chi)

**NON-MEMBERS:** MONTHLY  
1X a week: \$12  
2X a week: \$22  
3X a week: \$32  
4X a week: \$42

**PAYMENT:** Payment must be made in-full at time of registration.

**ALWAYS TAKING THE SAME CLASSES? EXPRESS REGISTRATION IS AVAILABLE FOR ALL CLASSES! ASK YOUR INSTRUCTOR OR AT THE FRONT DESK!**

**Masks are not required  
Participants will be 6 feet apart**

**Valentine's Class-a-thon happening Saturday, February 12th starting at 7am**

**BOOT CAMP AM: M/W 5:15-6:15AM F 5:00-6:15AM**

**BOOT CAMP PM: M/W/F 6 - 7 PM**

Faster. Better. Stronger! Boot camp is a 1 hour class for everyone from beginners to the most avid exercisers. Overall cardio, muscular strength and flexibility is improved through participation in high intensity intervals, repetition and group competitions.

**BODY SCULPT: T/TH 5:30-6:15PM**

Free weights, resistance bands and body movement provide an overall body workout in this class.

**CYCLING: VARIETY OF CLASSES AVAILABLE**

All levels are welcome to this low impact class that is great for those needing to mix up their fitness routine while getting a high intensity workout. Join our Cardio Cycling or Pumped Up Cycle classes for a kicked-up cycling workout!

**HATHA YOGA: W 4:45-5:30PM**

Hatha Yoga is a general category that includes most yoga styles. It is an old system that involves the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body. Yoga prepares the body for deeper spiritual practices such as meditation.

**Zumba T 6:30-7:30PM:**

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.

**ROCK STEADY BOXING: VARIETY OF TIMES AVAILABLE**

High energy class for people with Parkinson's. Contact Terrye Vikre, [tvikre@masoncityymca.org](mailto:tvikre@masoncityymca.org) or 641.422.5998, for details or visit our website.

**TAI CHI: T/W/F 10:30-11:15AM**

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm, refreshed and energized with this ancient form of Chinese exercise. Use relaxed movements to develop a sense of balance and harmony between mind and body. This class has an additional charge for members.

**Members: \$20 Non-Members: \$32**

**STEP- IT -UP: T/TH 8:30 - 9:00 AM**

In a 30 min STEP class, set to energizing music, you'll be well on your way to a healthier heart & lungs, and stronger bones, muscles & core!

\*Suitable for most fitness levels.

\*Not recommended for those with compromised knee mobility.

**All about that core: T/TH: 9:15- 10:00AM**

Core strength is essential for back health and proper posture. Variety is the spice of life. Improve core strength with a variety of 45 min workouts that are "ALL ABOUT THAT CORE": Pilates, HIIT, Tabata, Strength & Toning, and/ or Yoga.

**Pound: TH 6:30-7:30PM**

Pound is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, called RIPSTIX! (sticks are provided) This class is designed for all fitness levels and is a unique and fun way to work out.

**LINE DANCING : M 5:15-5:45PM**

Choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

**Kettlebell M & W 5:10-5:40AM**

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.

**TRACK TIME W 8:30-9:00 AM**

Feeling the winter blues? Join us on the track for walking and talking if that is your style or follow our instructor thru intervals of walking, jogging, and stair climbs for a bit more cardio. It is designed for all fitness levels and is a great way to get to know others while getting in the workout of your choosing!

**PUMPED UP PILATES M 8:30-9:00 AM**

This is Pilates with a twist as we will be using hand weights, bands, and other equipment for a Pilates experience that builds up our overall strength by incorporating all of our muscles while still focusing on our core, balance, and posture. It is for all fitness levels.

**DATES TO REMEMBER:**

(LEARN MORE ABOUT Y EVENTS ONLINE OR AT THE FRONT DESK!)

**FEB 12—VALENTINE'S CLASS-A-THON**

**MARCH—CONTINUOUS TRIATHLON**