



July 2022

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:40am Kettlebell Diane Arndt		5:10-5:40am Kettlebell Diane Arndt		
5:15-6:15am Boot Camp Mackenzie Burtness		5:15-6:15am Boot Camp Mackenzie Burtness		5:15-6:15am Boot Camp Mackenzie Burtness
5:45-6:30am Cycling Jenn Helland		5:45-6:30am Cycling Jenn Helland		
			7:00-7:45am Line Dancing Tracy Melhus	
8:30-9:00am Core Builders Keri Mixdorf				
	9:00-9:30am Weights Andrea Johnson		9:00-9:30am Weights Andrea Johnson	9:00-9:45am Pilates/Yoga Angie Pippert
9:15-10:15am Cardio Cycling Keri Mixdorf	9:45-10:30am Powered Up Cycle Andrea Johnson	9:15-10:15am Lift It Keri Mixdorf	9:45-10:30am Powered Up Cycle Andrea Johnson	
	10:30-11:15am Tai Chi Glen Hepker	10:30-11:15am Tai Chi Glen Hepker		10:30-11:15am Tai Chi Glen Hepker
	4:30-5:20pm Cycling Judy DeRock		4:30-5:20pm Cycling Judy DeRock	
5:15-5:45pm Line Dancing Tracy Melhus				
	5:30-6:15pm Body Sculpt Judy DeRock	5:30-6:15pm Hatha Yoga Nora Hardy	5:30-6:15pm Body Sculpt Judy DeRock	
6:00-7:00pm Boot Camp Cassy Anderson	6:30-7:30pm Line Dancing Tracy Melhus	6:00-7:00pm Boot Camp Cassy Anderson		

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

Registration: Y Members 6/20 **Payment:** Full payments must be received at the time of registration.

Program Members 06/21

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

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

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

BOOT CAMP PM: M/W 6:00 – 7:00 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 Powered Up Cycle classes for a kicked-up cycling workout!

Powered Up Cycle: Looking for a class where you can build muscle and get your cardio fix in at the same time, then look no further! Using the weights and specific movements, this class will help burn those calories and tone up your muscle, all at the same time. This class is open to all levels of fitness, so come have fun and get your sweat on in Powered Up Cycle!

Cardio Cycling ** Weather permitting, this class will be held outside

HATHA YOGA: W 5:30-6:15PM **IN ROCK STEADY ROOM

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.

ROCK STEADY BOXING: VARIETY OF TIMES AVAILABLE

High energy class for people with Parkinson's. Contact Terrye Vikre, 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

LINE DANCING: M 5:15-5:45PM, TUES. 6:30-7:30 PM

TH 7:00-7:45AM

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 counterbalance 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.

CORE BUILDERS M 8:30-9:00 AM

This class focuses on strengthening your core while also increasing overall muscle strength, balance, and posture. A variety of equipment will be used. Suitable for beginners but is for all fitness levels. **** Weather permitting, this class will be held outdoors**

LIFT IT W 9:15-10:15 AM

Looking to add weightlifting to your fitness routine? This is a total body lifting class that focuses on all the main muscle groups while incorporating other secondary ones throughout. The goal is to build muscle tone and strength. Suitable for all fitness levels (modifications are available). ****Weather permitting, this class will be held outdoors**

Upcoming Events

July—27TH RAGBRAI AT THE YMCA