



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTEMBER 2021 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
<b>AM CLASSES</b>				
5:15-6:15am <b>BOOTCAMP</b> Megan Bedford		5:15-6:15am <b>BOOTCAMP</b> Megan Bedford	7-7:45 am <b>Hip-Hop Cardio</b> Tracy Melhus	5:15-6:15am <b>BOOTCAMP</b> Megan Bedford
8:30-9am <b>Step-It-Up</b> Shelley Fitzsimmons	8:30-9:30am <b>Total Body</b> Shelley Fitzsimmons	8:30-9am <b>Step-It-Up</b> Shelley Fitzsimmons	8:30-9:30am <b>Total Body</b> Shelley Fitzsimmons	8:30-9am <b>Step-It-Up</b> Shelley Fitzsimmons
8:30-9:30am <b>Walking Club</b> Kath Anderegg	9:35-10:35am <b>CYCLE PLUS</b> Andrea Johnson	8:30-9:30am <b>Walking Club</b> Kath Anderegg	9:35-10:35am <b>CYCLE PLUS</b> Andrea Johnson	9:15-10am <b>ALL ABOUT THE CORE</b> Shelley Fitzsimmons
9:15-10am <b>ALL ABOUT THE CORE</b> Shelley Fitzsimmons		9:15-10:15am <b>Strength &amp; Core</b> Keri Mixdorf		
9:15 - 10:15am <b>Cardio Cycling</b> Keri Mixdorf				
	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>HIP-HOP CARDIO</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>BODY BLASTER</b> Tracy Melhus	6:00-7:00pm <b>BOOTCAMP</b> Cassy Anderson		6:00-7:00pm <b>BOOTCAMP</b> Cassy Anderson

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

The Y is offering a course called Save Your Brain that can help reduce the risk of developing dementia by 70%, through the adoption of simple lifestyle changes.

**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!**

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Participants will be 6 feet apart**

**The Y is offering a course called Save Your Brain which can reduce the risk of dementia by 70%.**

**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.

**HIP-HOP CARDIO: M 5:15-5:45PM OR TH 7-7:45AM**

Hip-Hop Cardio Dance class for all ages and abilities. You'll be having a good time while working up a sweat and getting those steps in. Come join the fun!

**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 Cycle Plus 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.

**Body Blaster: T 6:30-7:30PM**

This class is adapted from the challenging and popular P90X workouts. Body Blaster is a total-body, cardio and strength-training class that uses body weight, as well as free-weights and resistance bands.

**TOTAL BODY: T/TH 8:30-9:30AM**

By combining cardio and strength training one can achieve the best version of his/her physical self, with a healthier, stronger, leaner body. Build cardiovascular endurance, burn calories, lose fat and gain muscular strength!

TOTAL BODY consists of cardio and strength training/toning of upper & lower body, back, abs & core.

\*intermediate to advanced class

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

A high energy/fun class specifically designed for people battling Parkinson's disease in its various forms. From hand/eye coordination drills, to various boxing skills and bunting bag workouts, you will not be disappointed with this class if you are looking for an answer to your Parkinson's side-effects.

**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.

**STEP-IT -UP: M/W/F 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: M/F: 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.

**Walking Club: M/W 8:30 – 9:30AM**

Join Kath and other friends on a socially distanced walk, every Tuesday morning. Routes outside the Y will be decided weekly by the club. When the weather is inclement, walks will be held inside the Y on the fitness track. Spring is the perfect time to get out and enjoy the beauty of North Iowa--together!

**SEPTEMBER DATES TO REMEMBER:**

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

**8TH—FAMILY NIGHT & BIKE RODEO**

**18TH—ICE CREAM SOCIAL**

**24TH—DODGEBALL TOURNAMENT**

**SUNDAYS SEPT 12-NOV 14 SAVE YOUR BRAIN**