



SEPTEMBER 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	8:45-9:30am Pilates Carol Keenan	8:30-9:00 am Interval Cycling Keri Mixdorf	9:00-9:30am Weights Andrea Johnson	9:00-9:45am Yoga Angie Pippert
9:15-10:15am Cardio Cycling Keri Mixdorf	9:45-10:30am High Intensity Interval Training Carol Keenan	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		6:00-7:00pm Boot Camp Cassy Anderson
	6:45-7:45pm TaeKwonDo Heather Eckler		6:45-7:45pm TaeKwonDo Heather Eckler	

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

Registration: Y Members 08/25 Program Members 08/26

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

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

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

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.

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**

CYCLING: VARIETY OF CLASSES AVAILABLE

Join our Cycling, 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.

High Intensity Interval Training T 9:45-10:30AM

The intense work periods may range from 5 seconds to 8 minutes long, and are performed at 80% to 95% of a person's estimated maximal heart rate, the maximum number of times your heart will beat in a minute without overexerting yourself. The recovery periods may last equally as long as the work periods and are usually performed at 40% to 50% of a person's estimated maximal heart rate. The workout continues with the alternating work and relief periods totaling 20 to 60 minutes.

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

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.

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

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.

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

TAEKWONDO: T/TH 6:45-7:45PM

TaeKwonDo is Korean martial art that uses hands and feet as a form of self-defense. It's an excellent way to develop balance, coordination, self-discipline, and respect. Pick up a flyer at the front desk.

Members: \$20 Non-Members: \$35

High energy class for people with Parkinson's. Contact our Front Desk to leave a message for Joe or Jana @ 641.422.5999, for details or visit our website.