



FEBRUARY 2023 Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:40am Kettlebell Jenn Hummel		5:10-5:40am Kettlebell Jenn Hummel		
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 Hummel		5:45-6:30am Cycling Jenn Hummel	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		8:30-9:00am Mobility Carol Keenan
9:15-10:15am Cardio Cycling Keri Mixdorf		9:15-10:15am Lift It Keri Mixdorf	9:00-9:30am Weights Andrea Johnson	9:00-9:45am Yoga Angie Pippert
	9:30-10:30am Gentle Beginnings Katherine Anderegg	9:30-10:30am Gentle Beginnings Katherine Anderegg	9:30-10:30am Gentle Beginnings Katherine Anderegg	
	9:45-10:30am High Intensity Interval Training Carol Keenan		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	
	5:30-6:15pm 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 ZUMBA Tracy Melhus	6:00-7:00pm Boot Camp Cassy Anderson	6:30-7:30pm ZUMBA Tracy Melhus	6:00-7:00pm Boot Camp Cassy Anderson
6:45-7:45pm TaeKwonDo Heather Eckler			6:45-7:45pm TaeKwonDo Heather Eckler	

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

Registration: Y Members 1/23 Program Members 1/24

Payment: Full payments must be received at the time of registration.
Y Members: **FREE (exception of Tai Chi/TaeKwonDo)**

REGISTER ONLINE AT
WWW.MASCONCITYYMCA.ORG

OR CALL US (641)422-5999

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 6:00-7:00PM

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 8:30-9:00AM

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.

CYCLING: M/W 5:45-6:30AM T/TH 4:30-5:20PM

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.

CARDIO CYCLING: M 9:15-10:15AM

Cardio Cycling consists of varying speeds, resistance levels and intensities for a fun, energetic ride. You'll ride through heavy climbs, fast sprints and recovery spins for a time-efficient, high-calorie burning cardio workout.

INTERVAL CYCLING: W 8:30-9:00AM

Faced-paced cycling class that consists of timed intervals of basic cycling maneuvers. It is suitable for beginners and yet challenging enough for cycling enthusiasts.

POWERED UP CYCLING: TH 9:45-10:30AM

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.

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.

GENTLE BEGINNINGS: T/W/TH 9:30-10:30AM

Gentle beginning exercise and balance class.
Tuesday & Thursday – Water Exercise
Wednesday – Fitness Floor

HIGH INTENSITY INTERVAL TRAINING: T 9:45-10:30AM

HIIT is a type of workout that consists of short periods of intense exercise that gets your heart rate up quickly between intervals of less intense exercise or rest.

KETTLEBELL: M/W 5:10-5:40AM

A kettlebell is a cast iron ball with a handle attached to the top of it. 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 9:15-10:15AM

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).

MOBILITY: F 8:30-9:00AM

This class is all about flexibility, core strength and increasing your range of motion. You will work with foam rolling, stretching and stability balls all to help decrease muscle tension, reduce risk of injury, boost blood circulation and recover faster in between workouts.

PILATES: T 8:45-9:30AM

Pilates classes are a full body workout that create long, lean muscles. It is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small balls or weights.

ROCK STEADY BOXING: VARIETY OF TIMES AVAILABLE

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.

LINE DANCING: 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 Program Members: \$32

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

TaeKwonDo is Korean marital 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 Program Members: \$35

ZUMBA: T/TH 6:30-7:30PM

Zumba is a fitness program that involves cardio and Latin-inspired dance.