



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER 2021 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
AM CLASSES				
5:15-6:15am BOOTCAMP Megan Bedford		5:15-6:15am BOOTCAMP Megan Bedford	7-7:45 am Hip-Hop Cardio Tracy Melhus	5:15-6:15am BOOTCAMP Megan Bedford
8:30-9am Step-It-Up Shelley Fitzsimmons	8:30-9:30am Total Body Shelley Fitzsimmons	8:30-9am Step-It-Up Shelley Fitzsimmons	8:30-9:30am Total Body Shelley Fitzsimmons	8:30-9am Step-It-Up Shelley Fitzsimmons
8:30-9:30am Walking Club Kath Anderegg	9:35-10:35am CYCLE PLUS Andrea Johnson	8:30-9:30am Walking Club Kath Anderegg	9:35-10:35am CYCLE PLUS Andrea Johnson	9:15-10am ALL ABOUT THE CORE Shelley Fitzsimmons
9:15-10am ALL ABOUT THE CORE Shelley Fitzsimmons		9:15-10:15am Strength & Core Keri Mixdorf		
9:15 - 10:15am Cardio Cycling Keri Mixdorf				
	10:30-11:15am TAI CHI Glen Hepker	10:30-11:15am TAI CHI Glen Hepker		10:30-11:15am TAI CHI Glen Hepker
PM CLASSES				
	4:30-5:20pm CYCLING Judy DeRock		4:30-5:20pm CYCLING Judy DeRock	
5:15-5:45pm HIP-HOP CARDIO Tracy Melhus		4:45-5:30pm HATHA YOGA Nora Hardy		
	5:30-6:15pm BODY SCULPT Judy DeRock		5:30-6:15pm BODY SCULPT Judy DeRock	
6:00-7:00pm BOOTCAMP Cassy Anderson		6:00-7:00pm BOOTCAMP Cassy Anderson		6:00-7:00pm BOOTCAMP Cassy Anderson

Masks are not required

Participants will be 6 feet apart

Zumba and Pound will be offered starting in November!

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**

Zumba and Pound will be starting in November!

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.

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 Monday and Wednesday 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!

OCTOBER DATES TO REMEMBER:

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

13TH- FAMILY NIGHT WITH ISU EXTENSION

-DODGBEBALL TOURNAMENT W/ US ARMY

23RD- TRUNK OR TREAT