

Community Y of Marshalltown – 2010

Fitness Classes – Winter Session

* toning or stretching (no cardio) *****high intensity (includes cardio)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		Cycling*****		Cycling*****	Cycling*****		
5:30 am	Core Blast ***(1)	BYOB*****(1)	Core Blast *** (1)	BYOB*****(1)	Core Blast***(1)		
6:00 am	Cardio Express*** (1)	Body Sculpting*(2)	Cardio Express*** (1)	Body Sculpting*(2)	Cardio Express*** (1)		
	Cycling*****	Cycling*****	Cycling*****	Cycling*****			
	Pilates* (2)		Pilates* (2)				
7:45 am				Cycling*****		Y Tri Training*** **(Cycle 1 st)	
8:00 a.m.						Saturday Step***(1)	
8:30 am	Core* (1)	Amazing Arms* (1)	Core* (1)	Amazing Arms* (1)	Core* (1)	Cycling*****	
		Yoga*(2)		Yoga* (2)			
9:00 am	Cardio Mix*** (1)	Y-Pump* (1)	Cardio Mix*** (1)	Y-Pump* (1)	TGIF***** (1)		
	Young at Heart ** (2)		Young at Heart ** (2)		Silver Yoga* (2)		
	Cycling*****	Cycling*****		Cycling*****			
9:30 am						Cy/Yo*** ½ hr cycle/ ½ hr yoga	
10:00 am				(2) Stretch*			
10:15 am	Silversneakers* (1)		Silversneakers* (1)				
12:10 pm	Cycling*****		Cycling*****		Cycling*****		1:30 p.m. Cycling*****
4:15 pm	(4:10) Cycling*****		(4:10) Cycling*****	Special Aerobics (2)*			
4:45 pm		Cycling*****		Cycling*****			
5:00 pm	Core* (1)	Core* (1)	Core* (1)	Core* (1)			
5:30 pm	Flow Yoga* (2)	Arms Blast** (1)	Flow Yoga* (2)	Arms Blast**(1)			
	Total Body Conditioning *** (1)	Youth Strength*	Total Body Conditioning *** (1)	Youth Strength*			
	Cycling*****	Cycling*****	Cycling*****				
6:00 p.m.		BLT Blast** (1)		BLT Blast** (1)			
6:30 pm	Zumba*** (1)						

