

GET HEALTHY TOGETHER



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ywca

MARSHALLTOWN YMCA-YWCA Group Exercise Schedule

Fall 2022: August 15 - December 18
Fall 4: November 21 - December 18

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Weekend</u>
Warrior Workout M/W/F 5:10-6a.m.	Pilates T/Th 6-6:45a.m.	Warrior Workout M/W/F 5:10-6a.m.	Pilates T/Th 6-6:45a.m.	Warrior Workout M/W/F 5:10-6a.m.	Buti Yoga Sat 9-10a.m.
Cardio Pump Fusion M/W/F 6-6:45a.m.	Step + Core T 6-6:45a.m.	Cardio Pump Fusion M/W/F 6-6:45a.m.	Group Power T/Th 9-10a.m.	Cardio Pump Fusion M/W/F 6-6:45a.m.	
Cardio Mix M/W 8-8:45a.m.	Group Power T/Th 9-10a.m.	Cardio Mix M/W 8-8:45a.m.	Yoga T/Th 9-9:45a.m.	Cardio Pump Fusion M/F 9-10a.m.	
Cardio Pump Fusion M/F 9-10a.m.	Core T 10-10:15a.m.	Rock Steady Boxing M/W/F 9-10a.m.	Tai Chi/Qigong Th 10-10:30a.m.	Rock Steady Boxing M/W/F 9-10a.m.	
Rock Steady Boxing M/W/F 9-10a.m.	Yoga T/Th 9-9:45a.m.	Buti Yoga W 9:15-10:15a.m.	Yoga Th 5:30-6:30p.m.	Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m.	
Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m. M/W 1-2p.m.	Yoga T 5:30-6:30p.m. Core T 5:30-6p.m.	Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m. M/W 1-2p.m.			
Group Power M/W 5:30-6:30p.m.		Group Power M/W 5:30-6:30p.m.			
Buti Yoga M 5:30-6:30p.m.					

A special Black Friday schedule will be followed on November 25. Please see the schedule posted on the studio doors for that day.

Class participants will be asked to sanitize all equipment used during classes with provided sanitizing spray and towels.

Virtual Programming

All scheduled classes above will be provided on the Virtual Y (as long as program licensure allows). Use the Virtual Y flyer or ask a staff member how to join in virtual group exercises classes today! Classes are subject to change as we navigate new technology.

CLASS DESCRIPTIONS – 2022 Fall Group Exercise

BUTI YOGA — An energetic yoga combining jump training, tribal dancing, and dynamic yoga asanas (postures). Buti Yoga is all about finding your own strength and flow in your life. Buti Yoga will be livestreamed for a limited time, as licensure only allows streaming until restrictions are lifted.

CARDIO MIX — For those that enjoy variety, choreography, and being challenged—this class uses a variety of exercise tools creatively to tone and define muscles of the upper and lower body in addition to a great cardiovascular workout.

CARDIO PUMP FUSION — A high energy class that creates a perfect balance of fitness movements fused together for a complete total body workout. You will leave this class feeling lifted and accomplished, eager for more.

CORE — Standing functional core training is combined with floor ab exercises to give you a vigorous core strengthening experience.

ENHANCE@FITNESS Endorsed by Silver & Fit®— EnhanceFitness is a proven program for senior fitness and arthritis management. Benefits of the program's low impact classes include increased strength, balance, flexibility, and reduction in arthritis symptoms. Enhance@Fitness livestream requires participants to have their camera turned on during class.

GROUP POWER — Formerly Strength Train Together, Group Power will blast all your muscles with a high -rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Group Power will be livestreamed for a limited time, as licensure only allows streaming until restrictions are lifted.

PILATES— Pilates is a gentle exercise form that focuses on body alignment and breathing. Enhance your control, stability, coordination, endurance, balance, strength, and flexibility.

ROCK STEADY BOXING— Rock Steady Boxing works by moving the body in all planes of motion while continually changing the exercises and modalities used throughout the workout. Class is available to those with Parkinson's Disease. Registration and medical clearance is required prior to first class.

STEP + CORE— Wake up with some classic cardio and core. Step up, down, and around with or without the step.

TAI CHI/QIGONG— Tai Chi/Qigong is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

YOGA — Enjoy traditional yoga poses to enhance flexibility, range of motion, and muscle tone. You will leave feeling energized and ready for the rest of the day.

WARRIOR WORKOUT— Get stronger, get results, and get ready to battle. Each class will throw a new challenge at you using weights, jump ropes, and much more! You won't want to miss this class!

Health and Wellness Class

Guidelines

- No pre-registration for group exercise and classes are included free with memberships and day passes
- Each class is easily adjusted for individual comfort and ability level
- Youth ages 10-13 along with a parent/guardian may attend following a Parent/Child Fitness Orientation
- **The Marshalltown YMCA-YWCA reserves the right to change the schedule or cancel classes due to consistently low attendance**
- All classes will take place in the group exercise area on the second floor of the Horne-Henry Center unless otherwise noted

Safety Guidelines

- All class participants will be asked to sanitize all equipment used during classes with provided sanitizing spray and towels.
- Yoga mats will be available for each yoga class. Provided mats will be sanitized by the user with the provided spray and towels. Yoga participants are **STRONGLY** encouraged to bring their own mats.
- Fitness on Demand Upstairs/Studio 2 is available, unless being used for an instructor-led class. Fitness on Demand Downstairs is available for those wanting to participate in virtual group exercise.

The schedule for the upcoming session will be released the Wednesday before the session begins.

--Last Updated: November 17