

# GET HEALTHY TOGETHER

## MARSHALLTOWN YMCA-YWCA Group Exercise Schedule



eliminating racism  
empowering women  
**ywca**

**Winter 2022: January 3 - March 27**

Winter 1: January 3 - January 30

### Monday

Warrior Workout  
M/W/F 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-6:45a.m.  
Cardio Mix  
M/W 8-8:45a.m.  
R.I.P.P.E.D.  
M/F 9-10a.m.  
Rock Steady Boxing  
M/W/F 9-10a.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.  
Buti Yoga  
M 5:30-6:30p.m.

### Tuesday

Group Power  
T/Th 9-10a.m.  
Core  
T 10-10:15a.m.  
Yoga  
T/Th 9-9:45a.m.  
Core  
T 5:30-6p.m.  
Gentle Flow Yoga  
T 5:30-6:30p.m.

### Wednesday

Warrior Workout  
M/W/F 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-6:45a.m.  
Cardio Mix  
M/W 8-8:45a.m.  
Rock Steady Boxing  
M/W/F 9-10a.m.  
Buti Yoga  
W 9:15-10:15a.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.

### Thursday

Group Power  
T/Th 9-10a.m.  
Yoga  
T/Th 9-9:45a.m.  
Yoga  
Th 5:30-6:30p.m.

### Friday

Warrior Workout  
M/W/F 5:10-6a.m.  
Cardio Pump Fusion  
M/W/F 6-6:45a.m.  
R.I.P.P.E.D.  
M/F 9-10a.m.  
Rock Steady Boxing  
M/W/F 9-10a.m.  
Enhance@Fitness  
Endorsed by Silver & Fit ®  
M/W/F 10:15-11:15a.m.

### Weekend

Buti Yoga  
Sat 9-10a.m.

### 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.

Additional guidelines on the next page.

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

# CLASS DESCRIPTIONS – 2022 Winter 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.

**GENTLE FLOW YOGA**— End your day on a relaxing note! Traditional yoga postures will work together to bring strength, stretch, and relaxation to your evening.

**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.

**R.I.P.E.D.** — Resistance. Interval. Power. Plyometrics. Endurance. Diet. You will tone, firm, and create a whole new level of fitness— it's the "one stop body shock". R.I.P.E.D. will be livestreamed for a limited time, as licensure only allows streaming until restrictions are lifted.

**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.

**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: December 28

**Please also read the Marshalltown YMCA-YWCA Phased Reopening Facility Guidelines before entering.**