

# January Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel		5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel		5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel
5:45- 6:30am <b>Cycling *all</b> Jenn Hummel		5:45- 6:30am <b>Cycling *all</b> Jenn Hummel		5:45- 6:30am <b>Cycling *all</b> Jenn Hummel
	7-7:45 AM <b>Essential Movements*all</b> Mackenzie Burtness		7-7:45 AM <b>Essential Movements*all</b> Mackenzie Burtness	6:30- 7:30am <b>5K Fridays</b> Joey Ringo
7:45- 8:15am <b>Total Stretch *all</b> Mackenzie Burtness	7:30- 8:30am <b>Beginner Hatha Yoga*all</b> Nora Hardy		7:45AM- 8:15AM <b>Mobility *all</b> Mackenzie Burtness	
8:30- 9:00am <b>Core Builders *med</b> Keri Mixdorf	8:30- 9:15am <b>Pilates *all</b> Carol Keenan	8:30- 9:00am <b>Interval Cycling *all</b> Keri Mixdorf		8:30- 9:30am <b>Full Throttle *high</b> Billie Esser
	9:00- 10:00am <b>Low and Slow Yoga *all</b> Karen Regal		9:00- 9:45am <b>Pilates *all</b> Carol Keenan	
9:15- 10:15am <b>Circuit Cycling *high</b> Keri Mixdorf	9:30- 10:15am <b>H.I.I.T *all</b> Carol Keenan	9:15- 10:15am <b>Lift It *med</b> Keri Mixdorf	9:00- 10:00am <b>Low and Slow Yoga *all</b> Karen Regal	9:45AM- 10:45 AM <b>Cardio Kickboxing</b> Billie Esser
12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker	9:55- 10:30am <b>Tabata *all</b> Carol Keenan	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker
4:30- 5:30pm <b>Fitness4Kids* All</b> Taylor May	4:30- 5:30pm <b>Cycling *all</b> Judy DeRock	12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness	4:30- 5:30pm <b>Cycling *all</b> Judy DeRock	12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness
5:30- 6:30pm <b>Bootcamp *high</b> Kyra N. /Cassy A.	5:30- 6:30pm <b>Body Sculpt *all</b> Judy DeRock	5:30- 6:30pm <b>Bootcamp *high</b> Kyra N./Dale G.	5:30- 6:30pm <b>Body Sculpt *all</b> Judy DeRock	
6:30- 7:30pm <b>Somatic Yoga *all</b> Miranda Jones			6:30- 7:30pm <b>Somatic Yoga *all</b> Miranda Jones	
6:45- 7:45pm <b>Taekwondo *all</b> Mrs. Eckler/Mr. Franklin			6:45- 7:45pm <b>Taekwondo *all</b> Mrs. Eckler/Mr. Franklin	
<b>SATURDAY</b>		<b>SUNDAY</b>		
9:15-10:15am Saturday Sweat *high				

# Class Descriptions

## BEGINNER HATHA YOGA: T 7:30 - 8:30AM

Beginner Yoga includes most yoga styles. Specific asanas (yoga posture) and pranayama (breathing exercises), help bring peace to the mind and body.

## Body Sculpt: T / TH 5:30 - 6:15pm

Free weights, resistance bands and body movement provide a full body workout.

## Boot Camp PM: M / W / F 5:30- 6:30pm

Overall cardio, muscular strength, and endurance is improved with the use of weights, jump ropes, running, timers and other forms of circuit training.

## Circuit Cycling: M 9:15 - 10:15am

Circuits of cycling at varying speeds & resistance levels along with using light weights on the bike and heavier weights off the bike.

## CORE BUILDERS: M 8:30 - 9:00AM

Focusing on strengthening your core, increasing overall muscle strength, balance and posture.

## CYCLING: M/W/F 5:45-6:30AM

## OR T/TH 4:30-5:30PM

Mix up your cycling routine with low impact/high intensity workout, great for any fitness level.

## ESSENTIAL MOVEMENTS: T /TH 6:15 - 6:45AM

Warm up essential muscle groups to help advance to future classes. Focusing on balance work, stability, and stretching/flexibility.

## FULL THROTTLE: F 8:30 - 9:30AM

A high intensity and challenging workout incorporating a mix of cardio, strength training, and agility exercises.

## 5K FRIDAYS: FRIDAY 6:30 - 7:30AM

Join us for a relaxed, supportive group walk, run, or bike ride. It is no required to complete the full 3 miles, just come out, get moving, and enjoy the company!

## TaeKwonDo\*all

Heather Eckler & Kole Franklin

M/TH: 6:45pm-7:45pm

**Members: \$15/month**

**Program members: \$50/month**

## HIIT: T 9:45 - 10:30AM

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.

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

Fast-paced cycling class that consists of timed intervals of basic cycling maneuvers.

## KETTLEBELL: M / W / F 5:15 - 5:45AM

Total body workout building muscle strength and cardiovascular conditioning.

## Learn to Lift: M/W/F 12:00pm - 1:00pm

Taught by a YMCA Personal Trainer over the noon hour, you will Learn lifts that work each muscle group.

## LIFT IT: W 9:15 - 10:15AM

Total body lifting, focuses on all main muscle groups while incorporating secondary muscles.

## LOW AND SLOW YOGA: T/TH 9:00-10:00AM

Enjoy classic Yoga flows, series of poses, and meditation. Great for all ages and activity levels.

## MOBILITY: TH 8:15-8:45AM

All about flexibility, core strength and increasing range of motion.

## TABATA: THURSDAY 9:55 - 10:30AM

Tabata is form of high-intensity interval training that alternate bursts of maximum effort with brief recovery periods. This approach maximizes calorie burn and boosts both aerobic and anaerobic fitness!

## Fitness 4 Kids: M 4:30-5:30PM

A Class formulated to help teach children starting Middle School and older how to properly lift, and to find fun in lifting! All Ages Welcome!

## SOMATIC YOGA: M / TH 6:30-7:30PM

A therapeutic blend of somatics and classic asana woven artfully together to nourish self-awareness, reset neuromuscular pathways and gain freedom in functional movement.

## TAI CHI: T / W / F 10:30 - 11:15AM

Ancient form of Chinese exercise uses relaxed movements to develop a sense of balance and harmony between mind and body.

**Members: \$20 Program Members: \$35**

## PILATES: T: 8:30 - 9:15AM TH: 9:00-9:45AM

Full body workout that creates long, lean muscles with a strong core while learning the technique behind Pilates.

## TOTAL STRETCH: M 7:45 - 8:15AM

Experience dynamic stretching; including fascia fitness, resistance stretching, mobility and balance.

## Cardio Kickboxing: Friday 9:45-10:45

Enjoy a class that brings the intensity!

Fullbody workout to increase your cardio and improve your kickboxing skils aswell.

5\$ members-10\$non member

**Registration: Members - September 22nd**

**Program Members - September 23rd**

**Program Members:**

Once a week classes- \$15

Twice a week classes- \$25

Three times a week classes- \$35

**REGISTER ONLINE @**

[www.masoncityymca.org](http://www.masoncityymca.org)

**Or Call us @ 641-422-5999**

**Payment due at time of registration.**