

February Group Exercise Schedule

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

Group Exercise Room A Cycling Room Pool
 Group Exercise Room B Gym Court 3

*Intensity level
 all = good for all activity levels

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 9:30-10:10AM

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 theraputic 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/TH : 8:30 - 9:15AM

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 skills aswell.

5\$ members-10\$non member

Registration: Members January 21

Program Members - January 22

Program Members:

Once a week classes- \$15

Twice a week classes- \$25

Three times a week classes- \$35

REGISTER ONLINE @
www.masoncityymca.org

Or Call us @ 641-422-5999

Payment due at time of registration.