

# APRIL 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
				10:30-11:15am	Tai Chi *low Glen Hepker			10:30-11:15am	Tai Chi *low Glen Hepker
12:00-1:00pm	Learn to Lift *all Mackenzie Burtness	10:30-11:15am	Tai Chi *low Glen Hepker	12:00-1:00pm	Learn to Lift *all Mackenzie Burtness			12:00-1:00pm	Learn to Lift *all Mackenzie Burtness
4:30-5:30pm	Fitness4Kids* All Taylor May	4:30-5:30pm	Cycling *all Judy DeRock			4:30-5:30pm	Cycling *all Judy DeRock		
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		
6:45-7:45pm	Taekwondo *all Mrs. Eckler/Mr. Franklin					6:45-7:45pm	Taekwondo *all Mrs. Eckler/Mr. Franklin	4:00-5:30pm	Cardio Kickboxing(N) Billie Esser
						6:00-7:00pm	Tiny Tumblers Julia Parcher		

### SATURDAY

Mommy and me(TTumblers) 11:00-11:45AM TinyTumblers 12:00-1:00pm  
Last Saturday of the month-Fill the Gym 9:30-11:00am

### EXTRA INFORMATION

\*Middle School Orientation is last Tuesday of the month  
Tween Night is the 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 7:00-7:45AM**

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 7:45-8:15AM**

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!

## **Tiny Tumblers: Fri. 6:00-7:00pm Sat. 11:00-1:00pm**

Tiny tumblers is a class where littles can come to enjoy, have fun, and learn the basics of tumbling. on Saturdays were offering a mommy and me class so the parents can get involved as well! **Members \$5-Non Members \$10**  
Age groups may vary please double check sheet.

## **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!

## **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 9:45-10:45/4:30-5:30pm**

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 February 23

Program Members - February 24

**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.**