

# May 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
5:15-6:00AM <b>Bootcamp *High</b> Pam Adams		5:15-6:00AM <b>Bootcamp *High</b> Pam Adams		5:15-6:00AM <b>Bootcamp *High</b> Pam Adams
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
	7:00-7:45AM <b>Essential Movements *all</b> Mackenzie Burtness		7:00-7:45AM <b>Essential Movements *all</b> Mackenzie Burtness	
7:45-8:15AM <b>Total Stretch *all</b> Mackenzie Burtness	7:30-8:30AM <b>Beginner Hatha Yoga *all</b> Nora Hardy		7:45-8:15AM <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	8:30-9:15AM <b>Pilates *all</b> Carol Keenan	8:30-9:30AM <b>Full Throttle *high</b> Billie Esser
9:15-10:15AM <b>Circuit Cycling *high</b> Keri Mixdorf	9:00-10:00AM <b>Low and Slow Yoga *all</b> Karen Regal	9:15-10:15AM <b>Lift It *med</b> Keri Mixdorf	9:00-10:00AM <b>Low and Slow Yoga *all</b> Karen Regal	9:45-10:45AM <b>Cardio Kickboxing *high \$</b> Billie Esser
	9:30-10:15AM <b>H.I.I.T. *all</b> Carol Keenan		9:30-10:15AM <b>Tabata *all</b> Carol Keenan	
	10:30-11:15AM <b>Tai Chi *low \$</b> Glen Hepker	10:30-11:15AM <b>Tai Chi *low \$</b> Glen Hepker		10:30-11:15AM <b>Tai Chi *low \$</b> Glen Hepker
12:00-1:00PM <b>Learn to Lift *all</b> Mackenzie Burtness		12:00-1:00PM <b>Learn to Lift *all</b> Mackenzie Burtness		12:00-1:00PM <b>Learn to Lift *all</b> Mackenzie Burtness
4:30-5:30pm <b>Fitness 4 Kids *all</b> Taylor May	4:30-5:30PM <b>Cycling *all</b> Judy DeRock		4:30-5:30PM <b>Cycling *all</b> Judy DeRock	4:00-5:30PM <b>Cardio Kickboxing *high \$</b> Billie Esser
5:45-6:45PM <b>Bootcamp *med</b> Taylor May	5:30-6:30PM <b>Body Sculpt *all</b> Judy DeRock	5:45-6:45PM <b>Bootcamp *med</b> Taylor May	5:30-6:30PM <b>Body Sculpt *all</b> Judy DeRock	
	6:45-7:45PM <b>Taekwondo *all \$</b> Master Shafer/Brotherton			6:45-7:45PM <b>Taekwondo *all \$</b> Master Shafer/Brotherton
<b>Saturday</b>		<b>INFORMATION</b>		
11:00-11:45AM <b>Mommy and Me Tumbling 3-5 Year Olds &amp; Mom \$</b>		Middle School Orientation Tuesday May 26th 5:30-6:30PM		
12:00-1:00PM <b>Tiny Tumblers 6-8 Year Olds \$</b>		Final Tween Night of the Season Tuesday May 26th 6:30-8:30PM		

**Most Classes Free to Members, if there is an additional cost class marked with \$**

**Monthly Costs for Program Participants:** Once a week classes-\$15    Twice a Week -\$25    Three times a week-\$35    **PAYMENT DUE AT TIME OF REGISTRATION**

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

\*Intensity Level  
All= good for all activity levels

**REGISTER ONLINE @ [www.masoncityymca.org](http://www.masoncityymca.org)**  
**Call 641-422-5999**

# 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 - 6:15AM**

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

## **BOOT CAMP AM: M/W/F 5:15-6:00 AM**

## **PM: M/W 5:45- 6:45PM**

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

## **CARDIO KICKBOXING: F 9:45-10:45AM**

## **F 4:30-5:30PM**

Enjoy a class that brings the intensity! Fullbody workout to increase your cardio and improve your kickboxing skills aswell.

**Members: \$5 Program Participants: \$15**

## **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.

## **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

**Please remember to Register for classes each month!**

**Sign in when heading to Classes at the Front Desk!**

## **May Registration Opens:**

**Members: April 20th**

**Program Participants: April 21st**

## **June Registration**

**Members: May 18**

**Program Participants: May 19**

## **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!

## **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 mot

## **MOMMY AND ME: SAT. 11:00-11:45AM**

Mommy and Me is a class where 3-5 Year Old Children can come to enjoy, have fun, and learn the basics of tumbling and parents can join in as well!

**Members \$5 Program Participants\$10**

## **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.

## **TABATA: TH 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!

## **TAEKWONDO: T/F 6:45-7:45PM**

A Korean martial art. It focuses on using both hands and feet for self-defense through techniques such as blocks, stikes, punches, and a wide variety of kicks-both on the ground and in the air. For Children and Adults.

**Members: \$15 Program Participants: \$50**

## **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 Participants: \$35**

## **TINY TUMBLERS: SAT. 12:00-1:00PM**

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 Program Participants: \$10**

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

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

## **Monthly Costs for Program Participants:**

**Once a week classes-\$15**

**Twice a Week -\$25**

**Three times a week-\$35**

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