

September Fitness Class 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
5:15-6:15AM Bootcamp *High Pam Adams		5:15-6:00AM Bootcamp *High Pam Adams		5:15-6:00AM Bootcamp *High Pam Adams
5:45-6:30AM Cycling *all Jenn Hummel	7:00-7:45AM Essential Movements *all Mackenzie Burtness	5:45-6:30AM Cycling *all Jenn Hummel	7:00-7:45AM Essential Movements *all Mackenzie Burtness	5:45-6:30AM Cycling *all Jenn Hummel
7:30-8:00AM Total Stretch *all Mackenzie Burtness		8:30-9:00AM Mobility *all Lindsay Guyer		
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
9:15-10:15AM Circuit Cycling *high Keri Mixdorf	9:00-10:00AM Low and Slow Yoga *all Karen Regal	9:15-10:15AM Lift It *med Keri Mixdorf	9:00-10:00AM Low and Slow Yoga *all Karen Regal	9:45-10:45AM Cardio Kickboxing *high \$ Billie Esser
	9:30-10:15AM H.I.I.T. *all Sadie Boster		9:30-10:15AM H.I.T.T *all Sadie Boster	
	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
12:00-1:00PM Beg. Circuit Training *all Mackenzie Burtness		12:00-1:00PM Beg. Circuit Training *all Mackenzie Burtness		12:00-1:00PM Beg. Circuit Training *all Mackenzie Burtness
2:00-3:00PM Learn To Lift *all April Curtis		2:00-3:00PM Learn To Lift *all April Curtis		
4:30-5:30pm Fitness 4 Kids *all Taylor May	4:30-5:30PM Cycling *all Judy DeRock	4:45-5:45PM Yoga Strength*Med Karen Regal	4:30-5:30PM Cycling *all Judy DeRock	
5:45-6:45PM Bootcamp *High Taylor May	5:30-6:15PM Body Sculpt *all Judy DeRock	5:45-6:45PM Bootcamp *high Taylor May	5:30-6:15PM Body Sculpt *all Judy DeRock	
	6:45-7:45PM Taekwondo *all \$ Master Shafer/Brotherton			6:45-7:45PM Taekwondo *all \$ Master Shafer/Brotherton
SATURDAY				
9:30-10:30AM Dance Fit Fusion Sadie Boster			12:00-1:00PM Tiny Tumblers 6-8 Year Olds \$ Julie Parcher	
11:00-11:45AM Mommy and Me Tumbling 3-5 Year Olds & Mom \$ Julie Parcher				

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
Call 641-422-5999

CLASS DESCRIPTIONS

BEG CIRCUIT TRAINING: M/W/F 12:00-1:00PM

A BEGINNER FRIENDLY WORKOUT THAT INCORPORATES LEARNING BALANCE, MECHANICAL MOVEMENTS, AND PROPER FORM. WE WORK ON BOTH EQUIPMENT AND FREE WEIGHTS.

BODY SCULPT: T/TH 5:30-6:15PM

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

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

BOOT CAMP 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

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.

DANCE FIT FUSION: SA 9:30-10:30AM

A high-energy dance fitness class that combines easy-to-follow choreography with cardio and strength exercise for a fun, full-body workout.

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.

Please remember to Register for classes each month!

September Registration

Members: August 24th

Program Participants: August 25th

October Registration

Members: Sept. 21st

Program Participants: Sept. 22nd

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!

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

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

HIIT: T/TH 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 2:00 - 3:00PM

Taught by a YMCA Personal Trainer, this class will teach you proper lifting techniques designed to help you gain confidence to do it on your own.

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: W 8:30-9:00AM

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

Yoga Strength: W 4:45-5:45PM

Build strength, improve balance, and increase flexibility using light weights and yoga inspired movements. Improve muscle endurance, sore stability, and mobility in a supportive class designed for all fitness levels

MOMMY AND ME: SA 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!

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.

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: SA 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

PAYMENT DUE AT TIME OF REGISTRATION

REGISTER ONLINE @ www.masoncityymca.org

Call 641-422-5999