November Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDSAY	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** Branson Peters	5:45-6:30AM **Cycling * all** Jenn Hummel	7:00-7:45AM **Essential Movements * all** Branson Peters	5:45-6:30AM **Cycling * all** Jenn Hummel
7:30-8:00AM **Total Stretch * all** Branson Peters				
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	10:25-11:00AM **Core Mobility *all** Lindsay Guyer	9:30-10:15AM **H.I.T.T *all** Sadie Boster	
12:00-1:00PM **Beg. Circuit Training *all** Branson Peters		12:00-1:00PM **Beg. Circuit Training *all** Branson Peters		12:00-1:00PM **Beg. Circuit Training *all** Branson Peters
2:00-3:00PM **Learn To Lift *all** Branson Peters		2:00-3:00PM **Learn To Lift *all** Branson Peters		2:00-3:00PM **Learn To Lift *all** Branson Peters
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	
6:00-6:45PM **Zumba*All** Kyong Ae Smith	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	

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

Please remember to Register for classes each month!

November Registration
Members: 10/20
Program Participants: 10/21

December Registration
Members: 11/23
Program Participants: 11/24

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 skils 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.

ZUMBA: M 6:00-6:45PM
MOVE, GROOVE, AND HAVE FUN. ZUMBA COMBINES UPBEAT MUSIC WITH EASY TO FOLLOW DANCE MOVES FOR A FULL

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 incoporating 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 confindence 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.

CORE MOBILITY: W 1025-11:00AM
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

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

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