



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP EXERCISE SCHEDULE

**MILLS COUNTY YMCA \* 110 Sivers Road \* Glenwood, IA 51534 \* (712) 527-4352**

**Effective October 1 – December 20**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Shari) 5:15-6:15am AS	Group Cycle(Janet) 5:15-6:00am CS	BODYPUMP™ (Shari) 5:15-6:15am AS	Group Cycle (Janet) 5:15-6:00am CS	BODYPUMP™ (Shari) 5:15-6:15am AS	
	Aqua Variety (Kathy) 6:00-6:45am P		Aqua Variety (Kathy) 6:00-6:45am P		
Aqua Fit (Janet) 8:15-9:00am P				Aqua Fit (Janet) 8:15-9:00am P	ZUMBA (Nikki) 8:00-8:45am AS
ZUMBA (Nikki) 8:30- 930am AS	BODYPUMP™ (Jodie) 8:30-9:30am AS	Pure Cardio (Janet) 8:30-9:30am AS	BODYPUMP™(Janet) 8:30-9:30am AS		RIP (Ashley) 9:00-10:00am AS
OWLS 9:00-9:30am P		OWLS 9:00-9:30am P		OWLS 9:00-9:30am P	
	Mix/Functional Moves (Diana) 9:45-10:45am AS		Mix/Functional Moves (Diana) 9:45-10:45am AS		
Yoga (Diana) 5:30-6:15pm AS			Yoga (Diana) 5:30-6:15pm AS		
	RIP (Ashley) 6:00-7:00pm AS	Pure Cardio (Diana) 6:00-7:00pm AS			
Cardio Variety (Diana) 6:30-7:30pm AS			BOOT (Diana) 6:30-7:30pm AS		

# CLASS DESCRIPTIONS

## Mills County YMCA

[AS- Aerobic Studio]

(P-Pool)

(CS- Cycling Studio)

## Cardio

**Group Cycle** is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels.

**Cardio Variety** utilizes hand held weights, step, kickboxing and cardio dance to increase muscular endurance and strength.

**Mix Moves** Gets you moving with energizing low-impact cardio. Work with hand-held weights and exercise tubing to improve balance and coordination.

**Pure Cardio** is a cardio program designed to push your cardio edge into high gear and attack every plane of motion. This will help improve cardio vascular health and the ability for your muscles to burn fat faster.

**ZUMBA Fitness** uses exotic rhythms set to high-energy Latin and international beats.

## Strength

**BODYPUMP™** is the original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body.

**RIP** is a total body strength workout utilizing barbell weights for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

## Combo

**BOOT** is a 60-minute fusion of cardio, strength, balance and flexibility. Training that changes you!

## Mind/Body

**Yoga** is inspiring, energizing and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

**Functional Moves** blends yoga and Pilates to increase muscular strength, range of motion and activity for daily living to improve balance and coordination.

## Aqua

**Aqua Variety** is a cardiovascular workout that is a combination of different aqua programs.

**OWLS** Older, Wiser, Livelier, Swimmers is a volunteer class that is a fun lively workout that increases cardiovascular endurance.

**Aqua Fit** works all major muscle groups with these dynamic exercises. Increase your calorie burn and build lean muscle.

**Please be prepared for class by wearing appropriate clothing & shoes, showing up a few minutes early, & bringing a water bottle & sweat towel!**