



**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 January 1 - May 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Shari) 5:15-6:15am AS	Group Cycle (Janet) 5:00-6:00am 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 (Janet) 6:00-6:45am P		Aqua Variety (Janet) 6:00-6:45am P		Aqua Variety (Janet) 6:00-6:45am P	
Aqua Fit (Janet) 8:00-8:45am P				Aqua Fit (Janet) 8:00-8:45am P	Zumba (Nikki/Megan) 8:00-8:45am FF AS
ZUMBA (Nikki) 8:30-9:30am FF AS	BODYPUMP™ (Jodi) 8:30-9:30am AS	Pure Cardio (Janet) 8:30-9:30am AS	BODYPUMP™(Janet) 8:30-9:30am AS	MIXXEDFIT® (Megan) 8:30-9:30am AS	RIP (Katie) 9:00-10:00am AS
Group Cycle (Janet) 9-9:45am CS					
OWLS 9:00-9:30am P		OWLS 9:00-9:30am P		OWLS 9:00-9:30am P	
	Mix Moves (Diana) 9:45-10:45am AS	TAI CHI (Ann) 9:45-10:30am AS	Mix/Functional Moves (Diana) 9:45-10:45am AS		
Aqua Surprise (Alexis) 5:30-6:15pm FF P	Aqua Jog (Alexis) 5:30-6:10pm FF P	Aqua Surprise (Alexis) 5:30-6:15pm FF P	Aqua Jog (Alexis) 5:30-6:15pm FF P		
Yoga (Diana) 5:30-6:15pm FF AS	Group Cycling (Ashley) 5:25-5:55pm CS	Yoga (Diana) 5:30-6:15pm FF AS			
	RIP (Ashley) 6:00-7:00pm AS		BOOT (Diana) 6:00-7:00pm AS		
Cardio Variety (Diana) 6:30-7:30pm AS		Pure Cardio (Diana) 6:30-7:30pm AS			

CLASS DESCRIPTIONS

Mills County YMCA

[AS- Aerobic Studio]

(P-Pool)

(CS- Cycling Studio)

(FF) A family friendly class is one that does not have limited equipment, is generally cardio or low impact. A guardian must be attending the class with youth and the youth must have successfully passed youth fitness training and be wearing their bracelet.

Cardio

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

Cardio & Strength Variety This combination class includes a variety of cardio circuits with muscle conditioning, working with dumbbells for a total body workout.

Mix Moves This is a great class for those individuals wanting a low impact group exercise experience. Class includes cardio elements as well as functional fitness elements such as balance, resistance and core work.

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.

Mixed Fit is a people inspired dance fitness class using a combination of explosive dancing and boot camp style training.

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.

TAI CHI This class will teach individuals how to relax and maintain optimal health through a series of postures and movements. A low-intensity, low-impact form of exercise, which enhances muscle tone, range of motion, and balance.

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.

Aqua Surprise This is a cardiovascular all over workout! This class will use several pieces of aquatic equipment, will involve both shallow and deep water exercises, and will incorporate boot camp skills. This class is for all swimmers and float belts are available.

Aqua Jog Gives you the benefits of running with less impact on your body! Come experience the density difference while working hard and burning calories. If you are a runner or recovering from injury, this is the class for you!

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