



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mind/Body Schedule

SOUTH SUBURBAN YMCA – SEPTEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates 8:45-9:40am <i>Cindy</i> MP Room				Yoga 8:45-9:45am <i>Farrah</i> MP Room
	Yoga 9:45-10:45am <i>Dendra</i> MP Room		Yoga 9:45-10:45am <i>Kathe</i> MP Room		
	Yoga 4:45-5:45pm <i>Jenny H</i> MP Room		Yoga 4:45-5:45pm <i>Tiffany</i> MP Room		
Yoga 6:30-7:30pm <i>Shannon</i> MP Room					

SOUTH SUBURBAN YMCA

401 E. Army Post Rd., Des Moines, IA 50315

P 515 285-0444 www.dymca.org



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Fitness Class Descriptions

- Body Build:** This workout will tone and strengthen all areas of your body, using dumbbells, body bars, tubes, stability balls and more.
- Core:** Your core is more than just your abs!! This class will focus on your entire mid-section to help strengthen all areas of your core and help promote better posture.
- Muscle N Motion:** Two workouts in one!! This class combines heart-pumping cardio exercises of many sorts with muscle building exercises to get a complete body workout in 45 minutes.
- Pilates:** Pilates is a total body conditioning method combining flexibility, strength and balance. The purpose is to improve posture and to focus on the powerhouse or core.
- Senior Fitness:** Designed for our senior and beginner members with instruction at an easier pace. The class consists of walking and low-impact aerobics, muscle conditioning and stretching.
- Step:** A great low-impact and moderate to moderate-high intensity workout that combines patterns on and around the step for a great cardio workout.
- Tube:** This class uses rubber tube resistance along with body weight exercises to functionally strengthen your muscles.
- Yoga:** You will learn the fundamentals of Asana Yoga; how to breathe, move, stretch and relax. Uses gentle stretches and poses to increase flexibility, muscle strength and joint stability. Both young and older individuals will benefit.
- Zumba:** Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.