



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

STUDIO A

EFFECTIVE MAY 6TH, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Step Interval</b> Sara H. 5:20-6:10am	<b>Turbo Kick</b> Deb S. 5:20-6:10am	<b>Step</b> Lori N. 5:20-6:10am	<b>Turbo Kick</b> Deb S. 5:20-6:10am	<b>Cardio and Strength Circuit</b> Ami 5:20-6:10am		
	<b>Tai Chi</b> Barb B. 8:00-8:55am		<b>Tai Chi</b> Barb B. 8:00-8:55am			
					<b>Y-Pump</b> Sarah/ Kayla 8:30 - 9:20 am	
<b>Step</b> Lori N. 9:20-10:15am	<b>Turbo Kick</b> Michelle H. 9:20-10:15am	<b>Body Jam</b> Kristin J. 9:20-10:15am		<b>Step</b> Alicia 9:20-10:15am	<b>Step</b> Sarah/ Kayla 9:30 - 10:20am	
<b>Bosu Fitness</b> Kristina 10:30-11:20am	<b>Zumba</b> Tanya R. 10:30-11:20am	<b>Body Sculpt</b> Michelle R. 10:30-11:20am	<b>Turbo Kick</b> Michelle H./ Michelle R. 10:30-11:20am	<b>Cardio and Strength Circuit</b> Dawn L. 10:30-11:20am		
	<b>Zumba Tone</b> Tanya R. 11:30 - 12:00 pm	<b>Yoga</b> Cynthia R. 11:30am-12:25pm	<b>Bosu Fitness</b> Michelle R. 11:30-12:20pm	<b>Zumba</b> Tanya R. 11:30-12:20pm		
	<b>Cardio&amp; Strength Conditioning</b> Justean A. 4:30-5:20pm				<b>TKD**</b> 2:00-4:00pm	
<b>Zumba</b> Tanya R. 5:40-6:30pm	<b>Step</b> Ann H. 5:40-6:30pm	<b>Hip Hop Hustle</b> Andrea M 5:40-6:30pm	<b>Zumba</b> Tanya R. 5:40 - 6:30 pm			
<b>Step</b> Sarah T/Krista B 6:40-7:30pm	<b>Body Jam</b> Rachel M. 6:40-7:30pm	<b>Step</b> Larry S. 6:40-7:30pm	<b>Zumba Tone</b> Tanya 6:40 - 7:10 pm			
<b>Body Jam</b> Staci M. 7:40-8:30pm					**Please see program flyer for these classes. Registration required	

## Waukee Family YMCA

Program Contact: Penny Luthens, Group Exercise Director  
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# GROUP EXERCISE

STUDIO B

EFFECTIVE MAY 6<sup>TH</sup>, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Y-Pump</b> Lauren B. 5:20-6:10am	<b>Power Yoga</b> Linda M. 5:20-6:10am	<b>Y-Pump</b> Dawn L. 5:20-6:10am	<b>Power Yoga</b> Laura K. 5:20-6:10am	<b>Y-Pump</b> Lauren B. 5:20-6:10am		
<b>A.B.S.</b> Lauren B. 6:15-6:30am		<b>A.B.S.</b> Dawn L. 6:15-6:30am		<b>A.B.S.</b> Lauren B. 6:15-6:30am	<b>Yoga</b> Victoria 7:00-7:50am	
<b>AOA Cardio</b> Kristina 8:15-9:10am	<b>AOA Strength &amp; Stability</b> Becky 8:15-9:10am	<b>AOA Cardio</b> Gwyn 8:15-9:10am	<b>AOA Strength &amp; Stability</b> Becky 8:15-9:10am	<b>AOA Cardio</b> Sara H 8:15-9:10am	<b>Family Yoga</b> Faith M. 8:30-9:20am	
<b>PIYO</b> Cynthia R. 9:30-10:30am	<b>Body Sculpt</b> Ami B. 9:30-10:30am	<b>Pilates</b> Julie E. 9:30-10:30am	<b>Body Sculpt</b> Michelle H. 9:30-10:30am	<b>Pilates</b> Julie E. 9:30-10:30am	<b>Body Sculpt</b> Kelly K. 9:30-10:30am	
<b>Y-Pump</b> Cindy T. 10:40-11:35am	<b>Yoga</b> Kim M. 10:40-11:35am	<b>Y-Pump</b> Michelle H. 10:40-11:35am	<b>Yoga</b> Kim M. 10:40-11:35am	<b>Y-Pump</b> Sara H. 10:40-11:35am		
<b>Pilates</b> Sara H. 11:45-12:35pm						
<b>Yoga</b> Kim M. 4:10-5:00pm		<b>Body Sculpt</b> Justean A. 4:30-5:20pm		<b>Body Sculpt</b> Melissa 4:30-5:20pm		
<b>Y- Pump</b> Sarah T. 5:40-6:30pm		<b>Y- Pump</b> Sarah T. 5:40-6:30pm				
	<b>Bosu Fitness</b> Gwyn 6:00-6:50pm		<b>Bosu Fitness</b> Kristie R. 6:00-6:50pm			
<b>Body Sculpt-Core</b> Sara H. 7:00-7:55pm	<b>PIYO</b> Maryse C. 7:00-7:55pm	<b>Gentle Yoga</b> Faith M. 7:00-7:55pm	<b>Yoga</b> Kerry A. 7:00-7:55pm			

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# GROUP CYCLE

STUDIO C

EFFECTIVE MAY 6TH, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Cycle</b> Lori G. <b>5:15-6:15am</b>	<b>Group Cycle</b> Lauren <b>5:15-6:15am</b>	<b>Group Cycle</b> Tracy <b>5:15-6:15am</b>	<b>Group Cycle</b> Lauren <b>5:15-6:15am</b>	<b>Group Cycle</b> Dawn L. <b>5:15-6:15am</b>		
					<b>Group Cycle</b> Bill <b>8:00-9:00am</b>	
<b>Group Cycle</b> Cindy T. <b>9:30-10:30am</b>	<b>Group Cycle</b> Penny <b>9:30-10:30am</b>	<b>Cycle/Strength</b> Joan K. <b>9:30-10:45am</b>	<b>Group Cycle</b> Lynette <b>9:30 - 10:30 am</b>	<b>Group Cycle</b> Darron <b>9:30-10:15am</b>		
		<b>Therapeutic Yoga</b> Kim M. <b>10:50-11:35am</b>				
<b>Group Cycle</b> Kristi R. <b>6:00-7:00pm</b>		<b>Group Cycle</b> Michael R. <b>6:00-7:00pm</b>				
	<b>Group Cycle</b> Heather O. <b>6:30-7:20pm</b>		<b>Group Cycle</b> Lyne F. <b>6:30-7:20pm</b>			

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# GROUP FITNESS

GYM

EFFECTIVE MAY 6<sup>TH</sup>, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boot Camp**</b> (Large Gym) 5:15-6:45am	<b>Boot Camp**</b> (Family Gym) 5:15-6:45am	<b>Boot Camp**</b> (Large Gym) 5:15-6:45am	<b>Boot Camp**</b> (Family Gym) 5:15-6:45am	<b>Boot Camp**</b> (Large Gym) 5:15-6:45am	
<b>Kettlebell Fitness**</b> Jen W./Renae V. (Family Gym) 5:20-6:10am	<b>H.E.A.T.</b> Dee M. (Large Gym) 5:20-6:10am	<b>Kettlebell Fitness**</b> Jen W./Renae V. (Family Gym) 5:20-6:10am	<b>H.E.A.T.</b> Kyle (Large Gym) 5:20-6:10am	<b>Kettlebell Fitness**</b> Jen W./Renae V. (Family Gym) 5:20-6:10am	
	<b>TRX Fitness**</b> Staff (Small Gym) 6:20-7:10am		<b>TRX Fitness**</b> Staff (Small Gym) 6:20-7:10am		
			<b>H.E.A.T.</b> Ami B. 9:30-10:50am		

**\*\*PLEASE SEE PROGRAM FLYER FOR CLASSES WITH ASTRICKS AS REGISTRATION IS REQUIRED FOR THESE CLASSES**

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## GROUP FITNESS DISCRPTIONS

<b>A.B.S. (Abs, Back and Strength)</b>	A 15-minute session devoted to abdominal and low-back strengthening.
<b>BODYJAM™</b>	BODYJAM™ group fitness program incorporates the latest dance sensations and music with challenging cardio workout.
<b>Body Sculpt</b>	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and strength equipment.
<b>BOSU Fitness</b>	This class incorporates the BOSU for a combination of strength and cardio movements that will also work on you core and balance
<b>CARDIO and STRENGTH Conditioning</b>	This combination class includes a variety of cardiovascular exercises (gliding disks, steps, kick box , athletic drills, hi-lo aerobics) for at least 50% of total class time along with muscle conditioning work, for a total body workout. Great for advanced participants to challenge themselves during the muscle intervals and good for beginners who can use muscle intervals as a rest period.
<b>AOA(Active Older Adult) Cardio or Strength and Stability</b>	This class consists of low impact aerobics, strength training and stretching. A great class for seniors, beginners and those wanting to get moving again.
<b>H.E.A.T. (High Energy Aerobic Training)</b>	High energy aerobic training. Interval training will keep your body challenged and asking for more while you tone your body from head to toe using jump ropes, hand weights, steps, and more!
<b>HIP HOP HUSTLE™</b>	A pre-designed hip-hop dance class that's easy to follow...anyone can learn moves and make them their own!
<b>Fitness mix-up for KIDS</b>	"We want to get the kids excited about fitness! Expect anything! This class is a "mix-up" of our cardio offerings just for Kids! Come prepared to sweat and have fun! Ages 6-13 are welcome.
<b>Kettlebell**</b>	Beginner and Advanced please see flyer for registration details
<b>Family Yoga</b>	A yoga class for parents and children to learn and practice yoga positions together.
<b>Pilates</b>	A total body conditioning method combining flexibility, strength and balance. The purpose is to improve posture and to focus on the powerhouse, or core.
<b>PI YO™</b>	This unique class combines principles of Pilates with yoga. Great for increasing flexibility and core strength.
<b>Power Yoga</b>	A yoga class for advanced individuals where the flow is faster and positions are held longer. Weights maybe incorporated. Join us for an intense yoga workout where you can expect to break a sweat.
<b>AOA Strength and Stability</b>	This is a 1 hour overall strength and balance workout for Active Older Adult exercisers.
<b>Step</b>	A great low-impact and moderate to moderate-high intensity workout that combines patterns on and around the step for a great cardio workout.
<b>Step Interval</b>	This combination aerobic class will include step aerobics patterns along with athletic drills, hi/lo floor aerobics or other interval style conditioning.
<b>Tai Chi</b>	Tai Chi is a century old system of health and self-defense. It is thought of as "new age dance." Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits.
<b>Therapeutic Yoga</b>	A yoga class for individuals that have a limited range of motion, recovering from injury or suffer from chronic pain conditions.
<b>TURBO KICK®</b>	One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.
<b>Yoga</b>	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.
<b>Y-Pump</b>	Take a break from the weight room and get into this group strengthening class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of strengthening equipment (dumbbells, body bars, physioballs and resistance bands).
<b>Zumba</b>	Change up your cardio routine with an exciting salsa dance inspired workout. Get Latin dance groove on and be prepared to work and have a fun time!
<b>Zumba Tone</b>	This is a Zumba style class with the addition of light weights or Zumba Toners. A great compliment to any class!
<b>Cycling/Cycling Express/Power Hour/Yellow Jersey</b>	Instructors Choice! Anything goes with this class! You will never know what fun your instructors have planned for you until you start riding. Cycle Express is a shorter class to get people a quick workout that are on a time crunch.

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