

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Northwest YMCA Group Exercise Schedule

410 SE Main Street
Grimes, IA 50111
515-979-4452

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Cardio Conditioning 5:15-6:00 AM Nicole	Cycling 5:15-6:00 AM Andy	Cardio Circuit/trekking 5:15-6:00 AM Natalie	Cycling 5:15-6:00 AM Tina	Cardio Conditioning 5:15-6:00 AM Jill	
Core Strength 6:00-6:30am Nicole		Y-Pump Express 6:00-6:30 AM Natalie	Pilates 6:00-6:30AM Tina	Y-Pump Express 6:00-6:30 AM Jill	
Cardio Conditioning 8:30-9:15 AM Hilary	Cycling 8:30-9:30 AM Hilary	Cardio Conditioning 8:45-9:30 AM Tracey	Running Group 8:30-9:30AM	Cycling 8:30-9:30 AM Hilary	Cycling 8:00-08:45 AM Tracy/Hilary
Y-Pump Express 9:15-10:00 AM Hilary	Core Strength 9:30-10:00 Hilary	Active Adults 8:45-9:30AM Trisha	YOGA 10:00-11:15 AM Michelle	Y-Pump Express 9:30-10:15 AM Hilary	Saturday Challenge 9:00 – 10:30 AM Jon/Joan/Michelle
Water Aerobics 10:00 – 11:00 Trisha (At Americinn)		Core Strength 9:30-10:15 Tracey			
Cardio Blast 12:00-12:30 Jill		YOGA 12:05-12:55 PM Michelle			
Y-Pump Express 12:30-1:00 Jill					
Cycling 5:15-6:15 PM Tina	Kickbox/Step Combo 5:15-6:00 PM Tina	Cycling 5:30-6:15 PM Tracy	Cardio Kickbox 5:15-6:15 PM Jon	Cycling 5:15-6:15 PM Jon	
Pilates 6:15-6:45 PM Tina	Y-Pump Express 6:00-6:45 PM Tina	Running Group 6:30-7:30PM	Y-Pump Express 6:15-6:45 PM Jon		
		Yoga 6:30-7:45PM Michelle June 9,16,23 July 14,21,28			Bolded classes = located in the gym!

*If you are new to a class, please come 10 minutes early for an orientation with the instructor.

*Classes are subject to change or cancellation.

Updated 06/09/10



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Class Descriptions

Cycling- This class is GROUP CYCLING on the “spinning bikes”. If you are looking for a great cardio blast and amazing calorie burner then this is the class for you. The instructor will lead you through tough hills, quick sprints, and “road races” plus many other intervals to get the heart rate going and build strength. This in an overall great workout and good for anyone at any fitness level!

Step/ Kick box combo – This cardio class adds variety by having a kickbox segment in addition to some fundamental step aerobic moves.

Core Strength - This class focuses strictly on working the core muscle groups. Abdominal and lower back are emphasized. A great addition to any workout.

Cardio Blast – Get a quick and effective cardio workout in during your lunch hour.

Cardio Conditioning – Join this choreography free class for all ability levels. Class includes athletic drills, interval and circuit training all rolled into one. A great addition to anyone’s cross-training routine.

Cardio Circuit with Trekking- Start off with a calorie blast interval on the treadmill lead by a teacher and continuing on with a mix of cardio and strength exercises to finish the second half of the class. Great way to mix it up!!

Active Adults – This class is designed for active older adults who prefer a group setting and some great music!

Yoga - This class teaches you all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility, balance and strength.

Y – Pump Express - Take a break from the weight room and get into this class. This is a muscle endurance class focusing on primary upper and lower body muscle groups. A great addition to any fitness workout routine.

Pilates- This class is a workout designed to improve strength, flexibility, and create a body that is long and lean. Work focuses on the core muscles though a relaxed atmosphere.

Water Aerobics-Stay fit with the benefits of exercise in the water. This class is great for staying active and flexible without the impact. Join the fun and fellowship. These classes are held at the AmericInn.

Saturday Challenge- Switch up your exercise routine this with a 90 minute workout combining all aspects of fitness: cardio, weight training, and core strengthening! Reignite your workout! Weekly class formats posted in facility.

Running Group-Runners of any skill level can join this social running group to learn about running, get tips and advice and meet some great friends.