



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE - JOHN R. GRUBB YMCA

SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Cycle</b> 5:15-6:00a <b>Kirk S.</b>	<b>BODYPUMP®</b> 5:15-6:15a <b>Lisa V</b>	<b>Group Cycle</b> 5:15-6:00a <b>Jamie S.</b>		<b>Group Cycle</b> 5:15-6:00a <b>Jamie S.</b>	
<b>Aqua Shallow</b> 9:00-10:00a <b>Betty B.</b>	<b>Aqua Movement</b> 9:00-10:00a <b>Charolette J.</b>	<b>Aqua Shallow</b> 9:00-10:00a <b>Betty B.</b>	<b>Aqua Movement</b> 9:00-10:00a <b>Charolette J.</b>	<b>Aqua Shallow</b> 9:00-10:00a <b>Betty B./Charolette J.</b>	
<b>Total Core</b> 9:05-9:20a <b>Mary W.</b>		<b>Total Core</b> 9:05-9:20a <b>Mary W.</b>	<b>Gentle Yoga</b> 9:00-10:00a <b>Jodi S.</b>		
<b>Full Body Fit</b> 9:30-10:15a <b>Mary W. (Gym)</b>	<b>Yoga en Español*</b> 9:30-10:15a <b>Hortencia G.</b>	<b>Full Body Fit</b> 9:30-10:15a <b>Mary W. (Gym)</b>			
			<b>Tai Chi for Health</b> 10:10-10:55a <b>Jen S.</b>		
<b>Zumba</b> 5:30-6:30p <b>Kat J.</b>		<b>Zumba</b> 5:30-6:30p <b>Kathy M.</b>			

**Red-Cardio Fitness Class**  
**Blue-Strength Class**  
**Black-Cardio & Strength Class**  
**Green-Mind Body Class**  
**Navy-Water Exercise**  
**Yellow Highlight-New Class Name**  
**Green Highlight-New Instructor or Time**

**John R. Grubb YMCA**  
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 June 2019



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### **Class Descriptions:**

**BODYPUMP®:** BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl to chart-topping music! The 45 minute version focuses on 8 les Mills Body Pump tracks, the 60 minute 10 minute.

**Full Body Fit:** This class combines interval and circuit training by alternating cardio-based drills with strength-based exercises. A great class to challenge all abilities.

**Group Cycle:** Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints and athletic drills. New participants should arrive 5 minutes early to get properly fitted on the bike. Bring a water bottle!

**HEAT (High Energy Aerobic Training):** If you like cardio conditioning along with a great strength workout, you will love HEAT! This is a hardcore training inspired class with a sport warm-up followed by plyometrics, body weight strength exercises and running.

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

**ZUMBA®:** Ditch the workout and join the party! ZUMBA is a mixture of low intensity and high intensity moves that create a fun, international, interval style calorie burning fitness dance class for all.

### **Mind Body Class Descriptions:**

**Gentle Yoga:** This class will move at a slower pace than Yoga and is the most gentle of our yoga classes. Great for the beginner, this class uses restorative poses and supportive yoga props.

**Tai Chi for Health:** This evidence based form of exercise is used to relieve pain, improve health and relieve stress. Approved by the Centers for Disease Control as a fall prevention program, it is easy to learn, appropriate for all levels & a great beginning program.

**Yoga en Español:** Yoga taught in the Spanish language. Quiere saber mas sobre que es "la Yoga"? Los invite a que pasen una clase tocando los diferentes temas sobre los beneficios, relajamiento, posturas, respiracion e incorporar las practica en su rutina de diario.

### **Aquatics Class Descriptions:**

**Aqua Shallow:** Using the resistance of the water, this class provides an aerobic and strength workout adaptable to all ages and fitness levels in the pool. You get a great workout without the impact of the land aerobics. This is a great class to do if you're just starting to get into fitness or if you're looking to maintain a healthy lifestyle with a low impact class.

**Aqua Movement:** Fun exercises in water to increase or maintain range of motion and flexibility while promoting joint protection; great for those with arthritis.

Schedule Note: All schedules begin the Monday of the first full week of the month with the exception of January 1.

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