



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE-WAUKEE FAMILY YMCA

STUDIO A

SUMMER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP® EXPRESS 5:05-5:35a Kit Z.	Turbo Kick® 5:05-6:05a Kelly V.	Total Strength 5:05-6:05a Jen R.		BODYPUMP® 5:05-6:05a Gretchen H.		
CXWORX® 5:35-6:05a Kit Z.	H.E.A.T.* 5:05-5:55a Dawn W.		H.E.A.T.* 5:05-5:55a Terri T.		<div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>Blue – Strength Class</p> <p>Red-Cardio Class</p> <p>Black-Strength and Cardio</p> <p>**Purple—Paid Programming</p> </div>	
	Total Strength 6:05-6:30a Dawn W.		CXWORX® 6:05-6:35a Kit Z./Kelly V.			
AOA C&S* 8:15-8:45a Lori N.	BODYPUMP® Express 8:30-9:00a Jen D.	AOA Step 8:15-8:45a Terri T.	BODYPUMP® Express 8:30-9:00a Cindy T.	BOOM Move it!™ By Silver Sneakers* 8:15-8:45a Lauren		
BOOM Mind™ By Silver Sneakers* 8:45-9:15a Lori N.	CXWORX® 9:00-9:30a Jen D.	BOOM Muscle™ By Silver Sneakers 8:45-9:15a Terri T.	CXWORX® 9:00-9:30a Cindy T.	BOOM Muscle™ By Silver Sneakers* 8:45-9:15a Lauren K.	H.E.A.T.* 8:15-9:00a Terri T.	
Total Strength 8:30-9:15a Jen R.	H.E.A.T.* 9:00-9:40a Jen R.		H.E.A.T.* 9:00-9:40a Sue J.	Total Strength 8:30-9:15a Sue J.	Turbo Kick® 8:20-9:20a Kelly V.	
Full Body Fit* 9:30-10:20a Rachel D.	AOA C&S 9:40-10:30a Jen D.	Full Body Fit* 9:30-10:20a Terri T.	Total Strength 9:40-10:30a Stacey G.	Full Body Fit* 9:30-10:20a Stacey G.	Total Strength 9:30-10:20a Alexis H.	
Step 9:30-10:20a Lori N.		Step 9:30-10:20a Sue J.		Step 9:30-10:20a Sue J.	Tae Kwon Do** 10:30-11:30	
BODYPUMP® 10:30-11:30a Cindy T.		BODYPUMP® 10:30-11:30a Jen D.	Zumba 10:40-11:30am Jenny G.	BODYPUMP® 10:30-11:30a DeAnn W.		BODYPUMP® EXPRESS 1:15-2:00p Kristin J./Tej D.
Total Strength 4:30-5:20p Jeanette P.			Total Strength 4:30-5:20p Shana G.			CXWORX® 2:05-2:35p Kristin J./Tej D.
Full Body Fit 5:30-6:20p Stacey G.	Total Strength 5:30-6:20p Melissa G.	Full Body Fit 5:30-6:20p Lindsay W.	Dance Fusion 5:30 – 6:20 p Cass M.			Zumba 3:00-4:00pm Kat J./Jenny G.
		Tae Kwon Do** 6:30-7:30p	Tae Kwon Do** 6:30-8:15p	Tae Kwon Do** 6:30-7:30	*CLASSES HELD IN LARGE GYM	

Waukee Family YMCA

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Updated June 2019



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GROUP EXERCISE DESCRIPTIONS

Active Older Adults (AOA): This program is designed for active older adults to effectively learn how to use a variety of fitness formats that help to build strength, cardiovascular fitness, balance and flexibility, but most of all have fun. You don't have to be an active older adult to take this class.

BodyPump® & BodyPump Express®: **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 tracks. Express classes are 30- or 45-minutes in length.

Boom Mind by Silver Sneakers™: Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.

Boom Move it! By Silver Sneakers™: A higher intensity 30 minute dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Boom Muscle by Silver Sneakers™: Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Silver Sneakers Friendly

CXWORX®: Core-focused workout using resistance tubes, weight plates, and body weight exercises plus hip, butt and lower back exercises. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

Dance Fusion: Dance Fusion is a mixture of low intensity and high intensity moves that create a fun, international, interval style calorie burning fitness dance class for all.

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.

H.E.A.T. (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 plyo, body strength exercises and running.

Total Cardio: A 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.

Total Strength: This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and resistance equipment such as weights, balls and tubing. This class may use interval style format as well.

Step: A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching.

TurboKick®: 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.

Zumba®: A fun, high energy aerobics workout for all fitness levels. You learn by watching the Latin inspired moves and feeling the beat of an eclectic array of music.

Schedule Note: New Schedules begin the first Monday of each month with the exception of January 1.

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