



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE- INDIANOLA YMCA

STUDIO A- MIND, BODY, STRENGTH

SPRING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodypump® 5:15-6:00 am Jen A.				Bodypump® 5:15-6:00 am Kristan S.		
Bodypump® 8:30-9:30 am Shelley H.	Pi-Yo Live® 8:30-9:15 am Shelley H.	Bodypump Express® 8:30-9:00 am Diane T. CX WORX® 9:05-9:35 am Diane T.	Tai Chi for Health 8:30-9:15 am Cyd D.	Bodypump® 8:30-9:30 am Diane T.	Yoga 8:30-9:30 am Abra P./ Jordan E./ Jill J./ Traci L.	
Gentle Yoga 9:45-10:45 am Rachel M. Jill J. Chair Yoga 1:00-2:00 pm Margaret G.	Bodypump® 9:30-10:30 am Elizabeth P.	Breathe & Flow Yoga 9:45-10:45 am Toni J. Chair Yoga 1:00-2:00pm Toni J.	Bodypump® 9:30-10:30 am Shelley H.	Gentle Yoga Jill J. 9:45-10:45am	Bodypump® 9:45-10:45 am Shelley H./ Kristan S./ Larissa K./ Beth J.	
Bodypump® 4:45-5:30 pm Tramelle C.	Breathe & Flow Yoga 4:45-5:30 pm Sharon S.	Bodypump® 4:45-5:30 pm Elizabeth P.	Breathe & Flow Yoga 4:45-5:30 pm Sharon S.			
Yoga 5:40-6:35 pm Jordan E.	Bodypump® 5:40-6:35 pm Larissa K.		Bodypump® 5:40-6:35 pm Beth J.			
Bodypump® 6:45-7:45 pm Kim E.	Energy Flow Yoga 6:45-7:40 pm Rachel M.	Bodypump® 6:45-7:45 pm Larissa K.	Expansion Yoga 6:45-7:40 pm Traci L.	Blue- Strength Green-Mind Body Black-Strength and Cardio Class Purple-Medical Programming		





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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 30 minute version focuses on 4 of the bodypump tracks, 45 minute focuses on 8 Les Mills Body Pump tracks, the 60 minute 10 tracks.
Breathe & Flow Yoga	Breath and movement combine to create harmony and help you find a yoga practice that is both energizing and relaxing. Utilizing foundational yoga poses with options to add or reduce intensity.
Chair Yoga	Gentle practice of uniting the mind, body & spirit through poses and breath awareness to improve concentration overall health & peace. Chair yoga is practiced in a chair or standing & using the chair for support & stability.
CX WORX®	Core-focused workout using resistance tubes, weight plates, and body weight exercises plus hip, butt & lower back exercises. All the moves in CX WORX have options so it’s challenging but achievable for your own level of fitness.
Energy Flow Yoga	Energy flow yoga is out offering for yoga lovers looking for an invigorating challenge. Expect advanced poses and deep flows to build strength, stamina and energy.
Expansion Yoga	Pulling in mentally and expanding out physically. A moderate intensity class for those wishing to expand their yoga practice while also offering less intense options. Let your practice be open to possibilities.
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.
Pi Yo Live®	This class combines the core strengthening benefits of Pilates with the strength and flexibility advantages of yoga at a fun, high energy cardio-fitness pace.
Tai Chi For Health	An evidence-based form of exercise derived from an ancient Chinese exercise system consisting of slow, relaxed movements. Studies show that Tai Chi improves balance, functional mobility and flexibility, increases strength, reduces risk of falling, reduces pain and stress and increases psychological well-being. It is appropriate for all ages and abilities.
Yoga	The practice of sequencing poses that are put together with the intention of gaining strength, flexibility and balance of the spirit, mind and body.



If you have questions or comments – Please contact Diane Thomas, Group Exercise Coordinator at 515-777-7746 or Diane.thomas@dmymca.org.

SCHEDULE NOTE: New schedules begin the Monday of the first full week of the month with the exception of January 1.