



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE- INDIANOLA YMCA

STUDIO B/GYM

FALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Cardio 5:15-6:00Am Kristan S.	HEAT 5:15-6:00 am Jen A. (Gym)	PiYo 5:15-6:00 Am Kristan	Full Body Fit 5:15-5:55 Am Tramelle C. (Gym)	Barre 5:15-6:00 am Shelley H.	
AOA 8:30-9:15 am Kim F. (Gym)	Walk With Ease 8:30-9:15 am Miranda (Track/Outside) <hr/> HEAT 8:30-9:15 am Elizabeth P. (Gym)	AOA 8:30-9:15 am Tracee S. (Gym)	Walk With Ease 8:30-9:15 am Miranda (Track/Outside)	AOA 8:30-9:15 am Regina B. (Gym)	Knock Out/Turbo Kick 8:30-9:30 am Amber/Kristan/ Elizabeth/Kim
Knock Out 8:30-9:15 am Elizabeth P.	Pi-Yo 8:30-9:15 am Shelley H.	Barre 8:30-9:15 am Shelley H.	Bosu 8:30-9:15am Elizabeth P.	Barre 8:30-9:15 am Kris W.	Zumba® 9:45-10:45am Tracee/Kristin/ Kally/Michelle
Barre 9:30- 10:15 am Paige S.	Zumba Gold® 9:30-10:15 am Tracee S.	Step 9:30-10:15 am Kim F.	Zumba Gold® 9:30-10:15 am Tracee S.	Zumba® 9:30-10:15 am Tracee S.	
Strength and Resilience 1:00-2:00 Pm Craig B.		Strength and Resilience 1:00-2:00 Pm Craig B.		Strength and Resilience 1:00-2:00 Pm Craig B.	
Zumba® 4:45-5:30 pm Kally C.		Zumba® 4:45-5:30 pm Stacy S.			
CX WORX® 5:45-6:15 PM Diane T.	Strong by Zumba® 5:30-6:15 pm Michelle N./Kally C.	Barre 5:45-6:30 pm Beth J.	Turbo Kick®/ Total Cardio 5:30-6:15 pm Kim E./Elizabeth P.		
Barre 6:30-7:15 pm Kris W.	Dance Fusion/ Zumba® 6:30-7:15 pm Michelle N.		Zumba® 6:30-7:15 pm Stacy S.	Blue- Strength Green-Mind Body Black-Strength and Cardio Class Red- Cardio	

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YMCA of Greater Des Moines Group Exercise

Update September 2nd



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Active Older Adults	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.
Barre	An invigorating complete body workout fusing yoga, ballet and Pilates to create a strong core and sculpted lean muscles. Beginners welcome!
Bosu	This class incorporates the Bosu for a combination of strength and cardio movements that will also work on your core and balance.
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.
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 plyometrics, body strength exercises and running.
Knock Out	<u>(Formerly Cardio Kickboxing)</u> A great class for differing ability levels. This class is a combination of cardio boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility coordination and balance.
Step	A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching. This class may include intervals.
Strength and Resilience	Used to practice movement against resistance to improve strength and mobility and increase the participant's ability to perform every day activities of daily living.
Strong by Zumba ®	STRONG by Zumba® combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.
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.
Turbo Kick®	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 & endurance training.
Walk with Ease	Improves overall health by reducing pain, stiffness and fatigue. Helps improve strength, balance and walking pace. It is also a great option for weight management.
Zumba Gold®	Perfect for the active older adult who is looking for a modified Zumba class that has easy to follow choreography that focuses on balance, range of motion and coordination. Prepare to leave feeling empowered and strong.
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.

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.