



# Ottumwa Family YMCA -Spring Fitness Schedule

## Monday

Body Pump  
w/Lori  
5:30a-6:15

Ballet Barre  
w/Kim  
8a-8:45a

Tone Strength  
w/Candy  
9a-10a

PilatesFit  
w/Candy  
10:15a-11a

Silver Functional Fitness  
w/Kim  
11:10a-11:50a

Yoga  
w/Bria  
4:15p-4:50p

Body Step  
w/Jenny V  
5p-6p



## Tuesday

Body Balance  
w/Lori  
5:30a-6:15a

Les Mills RPM Cycle  
w/Lori  
6:30a-7:15a

Body Pump  
w/Virtual  
8:45a-9:45a

Yoga  
w/Candy  
10:15a-11a

Boom Move  
w/Teri  
11:10a-11:50a

Spin & Sculpt  
w/Terri  
12p-12:45p

RSB  
W/Kristie  
2p-3:30p

Body Pump  
w/Jenny V  
5p-6p

Yoga  
w/Bria  
7p-7:45p

## Wednesday

Body Pump  
w/Lori  
5:30a-6:15a

Ballet Barre  
w/Kim  
8a-8:45a

Tone Strength  
w/Candy  
9a-10a

PilatesFit  
w/Candy  
10:15a-11a

Silver Functional Fitness  
w/Kim  
11:10a-11:50a

Les Mills RPM Cycle  
w/Virtual  
4p-4:45p

Body Step  
w/Jenny V  
5p-6p



## Thursday

Body Balance  
w/Lori  
5:30a-6:15a

Les Mills RPM Cycle  
w/Lori  
6:30a-7:15a

Body Pump  
w/Virtual  
8:45a-9:45a

Yoga  
w/Candy  
10:15a-11a

Boom Move  
w/Teri  
11:10a-11:50a

Spin & Sculpt  
w/Terri  
12p-12:45p

RSB  
W/Tara  
2p-3:30p

Body Pump  
w/Jenny V  
5P-6P

SH\*NE DANCE FITNESS  
W/Victoria  
6:15p-7p

## Friday

Body Pump  
w/Lori  
5:30a-6:15a

Tone Strength  
w/Candy  
9a-9:45a

Restorative Yoga  
w/Candy  
10a-10:45a

Les Mills RPM Cycle  
w/Virtual  
11a-11:45a



April showers bring May flowers



## Saturday

Spin  
w/Lori  
8:15a-9am

Pump, Step, Balance  
w/Jenny, Lori  
9:15a-10:30a



## Sunday



## Ottumwa Family YMCA Group Fitness Classes

Les Mills Body Step- High intensity. An active, high-workout utilizing stack-able platforms and fun energetic music

SH\*NE DANCE FITNESS- High intensity. Latin, and international dance fuse to create this fun, aerobic class workout! Strengthen the heart, tone, and sculpt the body while having fun.

Les Mills Body Pump- High intensity. The original Les Mills barbell class. Shape, tone, and strengthen your whole body in this addictive, calorie burning workout!

Spin & Sculpt- 40 minutes alternating from bike for cardio to floor exercise for upper and lower body. You can burn and tone in one workout.

Rock Steady Boxing- This program is designed ONLY for individuals that have Parkinson's Disease. RSB helps people with PD by improving their quality of life.

Les Mills Tone- Medium intensity. An integrated class of low-impact aerobics, resistance training, stretching, and mobility creates a great way to maintain a fit, healthy body.

PilatesFit- Medium intensity. Dive deep into classic Pilates mat work to fire up your core and shape long, sleek muscles while exploring classic Pilates exercises and their variations.

Boom Move- Medium intensity. Athletics-based, choreographed exercises create this body sculpting class. Work through blocks of moves while being motivated to reach your best.

Les Mills Body Balance- Low intensity. Yoga, Tai Chi, & Pilates fusion builds flexibility and strength while leaving you centered and calm.

Yoga- Low intensity. Bring a new level of flexibility to your week with yoga. Learn deep breathing techniques and stress reducing postures in a peaceful atmosphere

Ballet Barre- Low intensity. A hybrid workout class combines ballet inspired moves with elements of Pilates, dance, yoga, and strength training.

Silver Functional Fitness- This class is designed for older adults who want to improve mobility, balance, range of motion, and strength. Seated and standing options are offered

Restorative Yoga- Gentle class to relax the body & mind. Sequences are all standing poses with seated options. This class is free to Y members, non-members who are cancer survivors or in treatment.



Group Classes are FULLY open and FREE to Members!  
Questions, Suggestions, Comments?  
Contact Tara Clark, Membership/Wellness Director @  
tara@ottumwaymca.com or call 641-684-6571 Ext. 12

