



OTTUMWA FAMILY YMCA

JANUARY GROUP FITNESS CLASS SCHEDULE

Fitness Studio					Effective Jan. 1st					
Monday	Tuesday	Wednesday	Thursday	Friday						
	 LES MILLS BODYFLOW XPRESS 5:15-5:45 am Pete		 LES MILLS BODYFLOW XPRESS 5:15-5:45 am Pete	 LES MILLS BODYSTEP 9-9:30 am Terri	 LES MILLS BODYCOMBAT 9:30-10 am Danica					
Ballet Barre 8:00-8:45am Kim C.	Y-Cycle w/ Kim S. 6:00 - 6:45 am Tai Chi w/ Mary H. 8:00- 8:40 am	Ballet Barre 8:00-8:45am Kim C.	Y-Cycle w/ Kim S. 6:00 - 6:45 am Tai Chi w/ Mary H. 8:00- 8:40 am	 Silver Sneakers Circuit 10:10-10:55 am Terri						
 tone 9:00-10:00am Candy & Kathy	 LES MILLS BODYPUMP 9:00-10:00am Danica	 tone 9:00-10:00am Candy & Kathy	 LES MILLS BODYPUMP 9:00-10:00am Danica	 BOOM MUSCLE 11:00 - 11:30 am Candy						
 Silver Sneakers Classic 10:10-10:55 am Kim C.	Yoga 10:15-11:00 am Candy	 Silver Sneakers Classic 10:10-10:55 am Candy	Yoga 10:15-11:00 am Candy	 BOOM MIND 11:30 am - 12:00 pm Kathy						
 Silver Sneakers Yoga 11:00- 11:45am Kim C.	 BOOM MOVE 11:10 - 11:55 am Terri	 Silver Sneakers Yoga 11:00- 11:45am Kim C.	 BOOM MOVE 11:10 - 11:55 am Terri							
 LES MILLS BODYPUMP 12-12:45pm Danica	 LES MILLS BODYSTEP 12-12:45 pm Terri	 LES MILLS BODYCOMBAT 12-12:45pm Danica	 LES MILLS BODYSTEP 12-12:45 pm Terri	Saturday						
 LES MILLS BODYFLOW 4:30-5:20 pm Katie	 tone 4:30-5:20pm Mary	 LES MILLS BODYPUMP 4:30 - 5:20 pm Jennifer	 LES MILLS BODYSTEP 4:30- 5:20pm Jennifer & Lori	Y-Cycle 8:00-8:45 am Lori						
 LES MILLS BODYSTEP 5:30-6:30pm Jennifer & Lori	 LES MILLS BODYPUMP 5:30-6:30pm Lori	 LES MILLS BODYFLOW 5:30-6:30pm Amy & Pete	 LES MILLS BODYPUMP 5:30-6:30pm Lori	 LES MILLS BODYPUMP 9:00-10:00am Lori						
 Xtreme 5:30 - 6:00 pm Jane (Cross Training Center)	 Xtreme 5:30 - 6:00 pm Jane (Cross Training Center)	 Xtreme 5:30 - 6:00 pm Jane (Cross Training Center)	 Xtreme 5:30 - 6:00 pm Jane (Cross Training Center)	 LES MILLS BODYCOMBAT 10:15 -11:15 am Lori						
 ZUMBA FITNESS 6:45-7:45 pm Mary	 LES MILLS BODYCOMBAT 6:45-7:45 pm Danica	 ZUMBA FITNESS 6:45-7:45pm Makayla	 ZUMBA FITNESS 6:45-7:45pm Jen	 ZUMBA FITNESS & ZUMBA toning 11:30-12:30pm Mary/Jen/Makayla						

AERO PILATES REFORMERS

SIGN UP FOR JANUARY CLASSES!

Registration:
 Dec. 20th - Jan 4th
 Classes Start: Jan. 7th



BEGINNER/INTERMEDIATE	Mon/Wed	12:00 pm - 12:50 pm	Chris
	Tues/Thur	9:00 am -	Beth
	Tues/Thur	12:30 pm -	Beth
	Tues/Thur	6:15 pm -	Kim
	Friday	9:00 am - 10:00 am	Chris
	Saturday	9:00 am - 10:00 am	Chris
INTERMEDIATE/ADVANCED	Mon/Wed	4:30 pm - 5:30 pm	Kim
	Mon/Wed	5:35 pm - 6:35 pm	Kim
	Tues/Thur	11:15 am -	Candy
	Friday	10:05 am - 11:05 am	Candy

FREE ORIENTATION CLASS FOR ALL NEW PILATES REFORMERS PARTICIPANTS!

Available every Monday from 10:15-11:15 am in January. No sign up needed, just drop in!

MONTHLY RATE	Member / Non-Member	
	4 classes: \$10	\$25 (once per week)
	8 classes: \$15	\$35 (twice per week)

Class Descriptions

CARDIO

Zumba™ - Zumba is a fusion of Latin and international music and dance to create a dynamic, effective cardio workout. These fun and easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body.

Boom - Move - a dance workout class that improves cardiovascular endurance.

Les Mills tone - is a low-impact, high energy group fitness workout that challenges the whole body through cardio, strength, core, and flexibility training. The inspirational instructors and music will motivate you. Best of all, you'll leave feeling thoroughly invigorated & energized!

BODYSTEP® Les Mills Program - BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors.

BODYCOMBAT® Les Mills Program - BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness & burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu!

Y-Cycle - An exciting fun filled stationary bike workout! These workouts are fast paced and a great way to improve your cardiovascular condition.

ACTIVE OLDER ADULTS

SilverSneakers® Classic - Muscular Strength and Range of Movement is a trademarked group exercise class designed for older adults. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, and coordination. Class format includes a warm-up and rhythmic range of movement stretch, work with resistance tools, cool down, final stretch and relaxation segment.

SilverSneakers® Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Yoga - This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

MIND/BODY CLASS

Ballet Barre - Ballet Barre combines the core conditioning associated with Pilates and flexibility improvements that occur with Yoga. Additionally, you will increase stability by using isometric exercises that incorporate a fixed Ballet Barre.

Yoga - Build strength and flexibility, reduce stress and tension, and increase your overall health, energy, and vitality.

Tai Chi - Discover the benefits of this ancient form of martial arts which will improve balance, agility, coordination and help build inner strength.

BODYFLOW® Les Mills Program - This class blends elements of Tai Chi, Pilates and Yoga to strengthen your mind, body and spirit!

BOOM Mind - 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.

STRENGTH TRAINING

BODYPUMP® Les Mills Program - Bodypump® is the original barbell class that shapes, tones and strengthens your entire body. It's one of the world's fastest ways to get in shape. This addictive workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. MAJOR calorie burner!

Xtreme Interval Training Program - Push yourself to the next level in this intense cross training program. Commitment and teamwork are the keys to success, regardless of your fitness level. Trainers will coach you to improve your mechanics and form for maximum results. Each 30 minute class is based on interval rotations with a wide variety of equipment, challenging you to DIG DEEP and find the will to succeed.

Boom - Muscle - a unique blend of cardio- and strength-based exercises. Enjoy an action-packed workout with moves inspired by your favorite sports like golf, tennis and more!

SPECIALTY CLASSES (registration required, fee applies)

Aeropilates® Reformer - Strength, endurance, flexibility, and cardiovascular fitness ALL in one machine! The Aeropilates reformer combines traditional pilates reformer exercises using resistance, PLUS cardiovascular exercise using the revolutionary cardio rebounder added to one end of the reformer. FREE orientations available! Sign up at the Member Service.

Kids Cove Hours

(6wks-5yrs old)

Mon-Fri: 8:45 am - 1:00 pm

Sat: 8:45 am - 12:00 pm

Mon- Thurs: 4:00pm-7:45pm

Kids Club Hours

(6yrs-12yrs old)

Mon- Fri 4:00pm-7:30pm

Sat 12:30pm-3:30pm

Group X Guidelines

All classes subject to cancellation if less than 3 people attending
Youth 10-14 may attend with a parent/guardian (excludes BODYPUMP)
For safety purposes youth 9 and under are not allowed in the Fitness Studio

Stay up to date on our events and schedules by going to our website:

www.ottumwaymca.com



'Like' us on facebook: YMCA of Ottumwa and 'Follow' us on twitter: OttumwaYMCA



COMMIT TO BE FIT 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8 Week Health & Wellness "YOU vs YOU" Challenge!

Let this be the year that you Commit To Be Fit! Escape your limits and journey with us to a healthier YOU! Sign up for this simple 8 week challenge where you will get support, motivation and encouragement to accomplish your health & wellness goals.

Registration: Jan 2nd - 25th

Program Runs: Jan 28th - March 22nd

This program will include:

- Custom designed Commit To Be Fit T-Shirt!
- Before/After Health Assessment - Includes blood pressure, body fat/BMI, flexibility, balance & strength, measurements, weight and optional cardio test.
- Personal Training Session
- Weekly weigh-ins
- Activity Tracking
- Weekly Prize giveaways!
- Grand Prize drawings!
- Registered Hy-Vee Dietitian - Becky Graeve will support your health & wellness journey.
- 10% OFF Any purchase at Subway!!!

SUBWAY eat fresh. **HyVee**



Member: \$35
Value of over \$100!!!

Non-Member: \$119
(Includes 2 month Membership)
Value of over \$200!!!

641-684-6571 - ottumwaymca.com - 611 North Hancock St.

SAVE THE DATE!!!

The Ottumwa Family YMCA's
Annual St. Patty's Day 5/10K!
Saturday, March 16th, 2019
NEW!!! - FREE Kids Dash!