







OTTUMWA FAMILY YMCA GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ w/Lori 5:30a - 6:15a	Y-CYCLE w/Lori 5:30a - 6:15a	BODYPUMP™ w/Lori 5:30a - 6:15a	BODYFLOW™ w/Lori 5:30a-6:15a	BODYPUMP™ w/Lori 5:30a - 6:15a	
Ballet Barre w/Kim 8a-8:45a	REFIT™ W/Dana 8a-8:45a	Ballet Barre w/Kim 8a-8:45a			
TONE™ w/Candy 9a-10a	BODYPUMP™ w/Jennifer 9a - 10a	TONE™ w/Candy 9a-10a	BODYPUMP™ w/Jennifer 9a - 10a	Tone™ w/Candy 9a - 10a	BODYFLOW™ w/ Lori 9:30a - 10:15a
PILATESFIT™ w/Candy 10:15a - 11a	YOGA w/Candy 10:15a - 11a	PILATESFIT™ w/Candy 10:15a - 11a	YOGA w/Candy 10:15a - 11a	BODYSTEP™ w/Terri 10:10a - 11:00a	SUNDAY
SILVERS YOGA w/Kim 11:10a-11:50a	BOOMMOVE™ w/ Terri 11:10a - 11:50a	SILVERS YOGA W/Kim 11:10a-11:50a	SILVER CLASSIC w/ Honnha 11:10a - 11:50a	SILVERS CIRCUIT w/ Terri 11:10a - 11:50a	BODYFLOW™ w/Melissa 9a - 10a
BODYPUMP™ w/Jenny 12p-12:45p	BODYSTEP™ w/Terri 12p - 12:30p	BODYCOMBAT™ w/Danica 12p - 12:45p	BODYSTEP™ w/Terri 12p - 12:30p	BODYPUMP™ w/Jenny 12p-12:45p	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> Classes are FULLY OPEN!! </div>
BODYSTEP™ w/Jenny 5p - 6p	CORE™ w/Danica 12:30p - 1p	BODYSTEP™ w/Jenny V. 4:30p - 5:15p	CORE™ w/Danica 12:30p - 1p		
	REFIT™ w/Dana 4:30p - 5:15p		BODYPUMP™ w/Jenny 5p - 6p	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> Y-CHI SUMMER @ Bridgeview Plaza Tues & Thurs 10:15a - 11a w/Mary H. </div>	
ZUMBA™ w/Jen K. 6:45p - 7:45p	BODYPUMP™ w/Jenny V. 5:30p - 6:30p	ZUMBA/CORE™ w/Jen 6:45p - 7:45p	ZUMBA/REFIT™ w/Dana & Jen K 6:45p - 7:45p		

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Y-CYCLE– High intensity. Climb on and race toward a stronger life on our stationary bikes! These classes are fast paced and cardio focused.

LesMills BODYCOMBAT™ – High intensity. A martial arts-inspired. Punch and kick your way to fitness with moves from Karate, Taekwondo, Boxing, Muay Thai, & Capoeira.

LesMills BODYSTEP™– High intensity. An active, high-stepping workout utilizing stack-able platforms and fun, energetic music!

LesMills BODYPUMP™ – High intensity. The original Les Mills barbell class. Shape, tone and strengthen your whole body in this addictive, calorie burning workout!

ZUMBA™– High intensity. Latin and international dance fuse to create this fun, aerobic class workout! Strengthen the heart and tone and sculpt the body while having fun!

REFIT™– High intensity. Join this uplifting dance class to burn calories, tone the body and get a better, positive perspective on life. Upbeat, motivational songs sets the tune for a better day!

LesMills 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.

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

LesMills BODYFLOW™– Low intensity. Yoga, Tai Chi, & Pilates fusion builds flexibility and strength while leaving you centered and calm.

SilverSneakers Circuit™ – Low intensity. Standing, low-impact cardio workout utilizing hand-held weights, elastic tubing and ball. Chairs will be available for support.

SilverSneakers Classic™ – Low intensity. Build strength, range of motion and coordination using weights, balls and resistance bands are used. Seated options available.

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.

Tai Chi – Low intensity. Modified Chang and Sun style in this class focuses on flexibility, balance, peace and awareness. Find your center & let everything else go.

SilverSneakers Yoga™ – Low intensity. Explore a wide range of modified poses to increase reach, balance and flexibility. Seated options available.

Group Fitness classes are fully open and free to members!

FOR JUNE • JULY • AUGUST 2021

Questions, suggestions or comments?

Contact Heather Coffman, Health and Wellness Director @
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