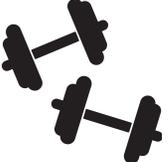


# OTTUMWA FAMILY YMCA GROUP FITNESS CLASSES

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p><u>BODYPUMP™</u> w/Lori 5:30a - 6:15a</p> <p><u>Ballet Barre</u> w/Kim 8a - 8:45a</p> <p><u>TONE™</u> w/Candy &amp; Heather 9a - 10a</p> <p><u>PILATESFIT™</u> w/Candy 10:15a - 11a</p> <p><u>SILVERS YOGA</u> w/Kim 11:10a - 11:50a</p> <p><u>BODYPUMP™</u> w/Danica 12p - 12:45p</p> <p></p> <p><u>BODYSTEP™</u> w/Jenny V 5p - 6p</p> <p><u>ZUMBA™</u> w/Jen K 6:45p - 7:45p</p>	<p><b>**BODYBALANCE™</b> w/Lori 5:30a - 6:15a</p> <p></p> <p><u>BODYPUMP™</u> w/Jennifer 9a - 10a</p> <p><u>YOGA</u> w/Candy 10:15a - 11a</p> <p><u>BOOMMOVE™</u> w/ Terri 11:10a - 11:50a</p> <p><u>BODYSTEP™</u> w/Terri 12p - 12:30p</p> <p><u>CORE™</u> w/Danica 12:30p - 1p</p> <p><u>BODYPUMP™</u> w/Jenny V 5p - 6p</p> <p></p>	<p><u>BODYPUMP™</u> w/Lori 5:30a - 6:15a</p> <p><u>Ballet Barre</u> w/Kim 8a - 8:45a</p> <p><u>TONE™</u> w/Candy &amp; Heather 9a - 10a</p> <p><u>PILATESFIT™</u> w/Candy 10:15a - 11a</p> <p><u>SILVERS YOGA</u> w/Kim 11:10a - 11:50a</p> <p><u>BODYPUMP™</u> w/Danica 12p - 12:45p</p> <p></p> <p><u>BODYSTEP™</u> w/Jenny V 5p - 6p</p> <p><u>ZUMBA/CORE™</u> w/Jen 6:45p - 7:45p</p>	<p><b>**BODYBALANCE™</b> w/Lori 5:30a - 6:15a</p> <p></p> <p><u>BODYPUMP™</u> w/Jennifer 9a - 10a</p> <p><u>YOGA</u> w/Candy 10:15a - 11a</p> <p><u>BOOMMOVE™</u> w/ Terri 11:10a - 11:50a</p> <p><u>BODYSTEP™</u> w/Terri 12p - 12:30p</p> <p><u>CORE™</u> w/Danica 12:30p - 1p</p> <p><u>BODYPUMP™</u> w/Jenny 5p - 6p</p> <p><u>ZUMBA/REFIT™</u> w/Dana &amp; Jen K 6:45p - 7:45p</p>	<p><u>BODYPUMP™</u> w/Lori 5:30a - 6:15a</p> <p></p> <p><u>BODYSTEP™</u> w/Terri 9a - 9:30a</p> <p><u>BODYCOMBAT™</u> w/Danica 9:30a - 10a</p> <p><u>TONE Strength</u> w/Candy 10:15a - 11a</p>	<p></p> <p><u>BODYPUMP™</u> w/Jenny V &amp; Lori 8:15a - 9:15a</p> <p><u>BODYSTEP™</u> w/ Jenny V 9:30a - 10:15a</p> <p></p>
<p><u>Studio B</u></p> <p>Pilates Reformers Tuesday and Thursday 9:00a - 10:00a 12:00p - 1:00p w/ Beth</p> <p>Monday and Wednesday 4:15p - 5:15p w/ Lacey</p> <p>*FREE to members **Registration required monthly</p>					

**\*\* BodyBalance - formerly BodyFlow - the same program we all know and love with a new name**

# OTTUMWA FAMILY YMCA GROUP FITNESS

**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**<sup>™</sup> - High intensity. A martial arts-inspired. Punch and kick your way to fitness with moves from Karate, Taekwondo, Boxing, Muay Thai, &

**LesMills BODYSTEP**<sup>™</sup>- High intensity. An active, high-stepping workout utilizing stack-able platforms and fun, energetic music!

**LesMills BODYPUMP**<sup>™</sup> - High intensity. The original Les Mills barbell class. Shape, tone and strengthen your whole body in this addictive, calorie burning workout!

**ZUMBA**<sup>™</sup>- 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**<sup>™</sup>- 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**<sup>™</sup> Medium intensity. An integrated class of low-impact aerobics, resistance training, stretching and mobility creates a great way to maintain a fit, healthy

**PilatesFIT**<sup>™</sup> - 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**<sup>™</sup>- Medium intensity. Athletics-based, choreographed exercises create this body sculpting class. Work through blocks of moves while being motivated to reach your best.

**LesMills BODYBALANCE**<sup>™</sup>- 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.

**SilverSneakers Yoga**<sup>™</sup> - 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!*



Questions, suggestions or comments?  
Contact Heather Coffman, Health and Wellness Director @  
heather@ottumwaymca.com or call 641.684.6571 X 13

