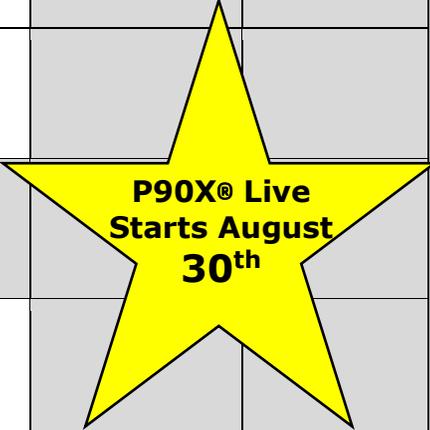


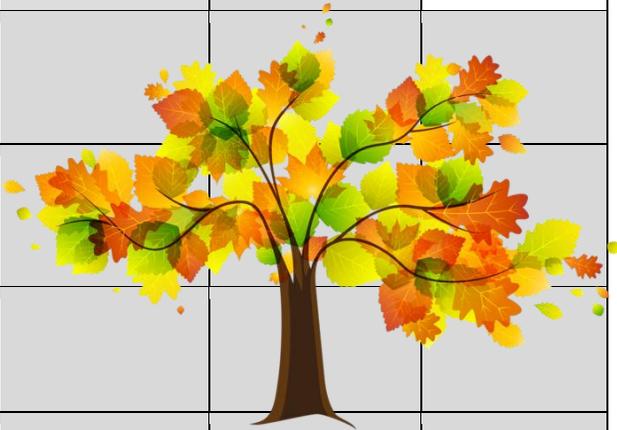


GROUP FITNESS SCHEDULE

NEWTON YMCA

AUGUST 21 – SEPTEMBER 30, 2016

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|--|
| \$ Boot Camp 5:15-6:00 a.m. Chad | * Body Pump® 5:15-6:15 a.m. Marie | \$ Boot Camp 5:15-6:00 a.m. Chad | * Body Pump® 5:15-6:15 a.m. Marie | \$ Boot Camp 5:15-6:00 a.m. Chad | | |
| * Cycle 5:30-6:15 a.m. Morgan | | * Cycle 5:30-6:15 a.m. Morgan | | ★ Yoga 6:10-7:00 a.m. Rhonda |  | |
| | Yoga 7:00-8:00 a.m. Meghan | | Yoga 7:00-8:00 a.m. Meghan | | | |
| Body Sculpt 8:00-8:45 a.m. Morgan | Chair Cardio/Strength 8:15-8:55 a.m. Catie | Body Sculpt 8:00-8:45 a.m. Morgan | Chair Cardio/Strength 8:15-8:55 a.m. Catie | Body Sculpt 8:00-8:45 a.m. Morgan | | |
| Step & Sculpt 9:00-10:00 a.m. Mary La Rosa | ★ *Body Pump® 9:00-10:00 a.m. Morgan | Step & Sculpt 9:00-10:00 a.m. Mary La Rosa | Line Dancing 9:00-10:00 a.m. Fitness Studio | Step & Sculpt 9:00-10:00 a.m. Mary La Rosa | *Body Pump® 9:00-10:00 a.m. Rhonda | |
| Cardio Circuit 9:00-9:45 a.m. Hannah Gym | | Strength Circuit 9:00-9:45 a.m. Hannah Gym | | ★ Blast 9:00-9:50 a.m. Kristin Gym | | |
| Chair Cardio/Strength 10:00-10:45 a.m. Mary La Rosa | | | | Chair Cardio/Strength 10:00-10:45 a.m. Mary La Rosa | | |
| Core N' More 12:00-12:45 p.m. Shawna | ★ * Cycle 12:00-12:45 p.m. Morgan | H.I.I.T 12:00-12:45 p.m. Shawna | Yoga 12:00-12:45 p.m. Shawna | | | ★ P90X® Live 2:00-3:00 p.m. Danielle |
| | | | | | | |
| Outside Cycle 5:15-6:15 p.m. Scott East Parking Lot | | | | | | |
| ★ Step Aerobics 5:15-6:00p.m. Marie | * Body Pump® 5:15-6:15 p.m. Joan | ★ Step Aerobics 5:15-6:00 p.m. Marie | * Body Pump® 5:15-6:15 p.m. Joan | | | |
| 6:05-6:45 p.m. PiYo® Live Marie | | 6:05-6:45 p.m. PiYo® Live Marie | | | | |
| TRX®-Treme 6:20-7:05 p.m. Mary Outside/Small Gym | ★ P90X® Live 6:20-6:50 p.m. Danielle | TRX®-Treme 6:20-7:05 p.m. Mary Outside/Small Gym | ★ Zumba® 6:15-7:00 p.m. Morgan | | | |
| Yoga in a Jiffy 7:10-7:40 p.m. Mary Fitness Studio | \$ Healthy Living Challenge 7:00-7:45 p.m. *Starts Sept 20th | Yoga in a Jiffy 7:10-7:40 p.m. Mary Fitness Studio | ★ P90X® Live 7:10-8:00 p.m. Danielle | | | |



Black – Strength/Cardio
Pink – Flexibility & Strength
Red – Cardio
Blue – Strength
★ Purple – Mind, Body & Spirit
\$ Green – \$ Fee Based
Change in Class/Time/Day
*** Reserve Equipment**
Schedule is subject to change.

Sign up for the
\$ Healthy Living Challenge
 September 20th – December 13, 2016

For more information contact the Welcome Center at 641-792-4006 or go on line to www.newtonymca.org
 Contact: Morgan Meseke @ morgan.meseke@newtonymca.org

NEWTON YMCA'S GROUP FITNESS DESCRIPTIONS

Class schedules are subject to change at any time.

Check our website for current schedules at www.newtonymca.org/group-fitness

LAND EXERCISE CLASSES

* Sign up to reserve equipment at the Welcome Center

Blast: (B, I, A) (Gym) This class is a high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning A LOT of calories. This fifty minute class is made up of three working sets that will challenge and change your body in a positive way. This class focuses on proper lifting technique, body mechanics and efficiency utilizing different types of equipment each week and a variety of movements that will make you sweat!

* **Body Pump®:** (B, I, A) (Fitness Studio) For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music.

Body Sculpt: (B, I, A) (Fitness Studio) Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

Cardio Circuit: (B, I, A) (Small Gym) A variety of cardio circuits with muscle conditioning will ensure a total body workout while improving overall endurance levels to benefit your heart and lungs! All skill levels are welcome seeing that advanced participants can challenge themselves during the muscle intervals and beginners may use the muscle intervals as a recovery period.

Chair Cardio & Strength: (B, I) (Fitness Studio) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing, and a ball are offered for resistance and a chair is used for seated and/or standing support.

* **Cycle:** (B, I, A) (Fitness Studio) This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and rides.

Outdoor Cycle (B, I, A) (East Parking Lot) Three groups ride routes led by a group leader. A = 18+ MPH, B = 15-18 MPH, & C = <15 MPH. Group B & C are NO DROP groups. Groups will ride 8-20 miles, depending on the group.

H.I.I.T.: (I, A) (AM - Small Gym & PM - Fitness Studio) *High. Intensity. Interval. Training.* This class combines periods of

high intensity exercise followed by bouts of lower intensity levels for an active recovery. Tabata is just one of the types of H.I.I.T. styles used in this class. Exercises might include push-ups, jump squats, burpees, or any other challenging exercise your instructor can think of! Be ready to push yourself! All fitness levels welcome.

Note: Class will be more difficult for beginners. Rest as needed.

Line Dancing: (B, I, A) (Fitness Studio) You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Not only will you look good dancing, but you are also exercising!

P90X® Live: (B, I, A) (Fitness Studio) A total-body, cardio, and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities while creating a community of friendly competition, encouragement, and personal fitness breakthroughs that P90X is famous for. Our Instructor will coach you through the moves and providing modifications as needed all the while using motivation and support to reach an amazing fitness level and your goals.

Note: Class will be more difficult for beginners. Rest as needed.

PIYo® Live: (B, I, A) (Fitness Studio) Feel the combined effects of Yoga and Pilates. This class incorporates traditional yoga poses while adding in elements of Pilates to improve endurance, flexibility, body awareness and coordination.

Step Aerobics: (B, I, A) (Fitness Studio) High intensity aerobic workout utilizing the STEP bench. Choreography is moderate to complex. This class is designed for participants who want to increase their cardiovascular fitness.

Step and Sculpt: (B, I) (Fitness Studio) Segments of Step Aerobics and weight training to increase your heart rate and tone muscles. Weight training is done with hand weights and tubing. Abdominal exercise and stretching is also included.

Strength Circuit: (B, I, A) (Fitness Studio) Enjoy a training regimen that focuses on strengthening your entire body

throughout the workout. Circuit helps keep your heart rate up while toning your body. This class is great for those getting started in strength training or someone wanting to up their workout regimen.

* **TRX®-treme:** (B, I, A) (Small Gym)

The name says it all. Individuals will use elevated TRX straps to perform limitless number of movements. Workouts will vary from class to class and might integrate different aspects of H.I.I.T. training and circuits by using suspension trainers as well as dumbbells, bands, and balls!

Yoga: (B, I, A) (Fitness Studio) Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Yoga focuses on internal strength, postural integration and radiant health.

Yoga in a Jiffy: (B, I, A) (Fitness Studio/Out Side) This short but highly effective class connects your mind and body through a series of postures, creating a continuous flow, accompanied by deep breathing. Enjoy increased flexibility, physical and internal strength in just 30 minutes.

Zumba®: (B, I, A) (Fitness Studio) This class is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms.

Black – Strength/Cardio

Pink – Flexibility & Strength

Red – Cardio

Blue – Strength

Purple – Mind, Body & Spirit

(B) Beginners

(I) Intermediate

(A) Advanced

\$ Green – \$ Fee Based

★ Change in Class/Time/Day

* Reserve Equipment

OUTCOMES BASED EXERCISE PROGRAMS – Fees \$

\$ **Boot Camp** (M-Small Gym W-Small Gym F-Fitness Studio) (B, I, A) Combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. May use jump ropes, stairs, free weights, and even a little healthy competition.

\$ **Healthy Living Challenge** Gain experience and knowledge with a program designed to equip you with the resources you need to develop to eat healthy and lose weight. You'll join an atmosphere built on support, encouragement, motivation and competition that challenges participants to develop healthy habits while making the lifestyle changes.