



GROUP FITNESS SCHEDULE

NEWTON YMCA

MAY 29 – AUGUST 20, 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 5:45-6:30 a.m. Kylie				
	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/Rhonda	Chair Cardio/Strength 8:15-8:55 a.m. Mary La Rosa	Body Sculpt 8:00-8:45 a.m. Morgan/Rhonda	Chair Cardio/Strength 8:15-8:55 a.m. Mary La Rosa	Body Sculpt 8:00-8:45 a.m. Morgan/Rhonda		
Step & Sculpt 9:00-10:00 a.m. Jolinda		Step & Sculpt 9:00-10:00 a.m. Jolinda	Line Dancing 9:00-10:00 a.m. Fitness Studio	Step & Sculpt 9:00-10:00 a.m. Mary	* 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		* TRX® 9:00-9:45 a.m. Rhonda/Morgan 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		H.I.I.T 12:00-12:45 p.m. Shawna	Yoga 12:00-12:45 p.m. Shawna			
Core N' More 4:50-5:25 p.m. Hannah						
Outside Cycle 5:15-6:15 p.m. Scott East Parking Lot						
Step Aerobics 5:30-6:30p.m. Marie ★ 6:15-6:30 p.m. Core	* Body Pump® 5:15-6:10 p.m. Joan	Step Aerobics 5:30-6:15 p.m. Marie ★ 6:15-6:30 p.m. Core	* Body Pump® 5:15-6:10 p.m. Joan			
TRX®-Treme 6:20-7:05 p.m. Mary Outside/Small Gym	★ Zumba 6:15-7:00 p.m. Morgan	TRX®-Treme 6:20-7:05 p.m. Mary Outside/Small Gym	★ Cardio Blast 6:15-7:00 p.m. Morgan			
Yoga in a Jiffy 7:10-7:40 p.m. Mary Outside/Fitness Studio		Yoga in a Jiffy 7:10-7:40 p.m. Mary Outside/Fitness Studio				

Black – Strength/Cardio
Pink – Flexibility
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
\$ 2016 Summer Sweat Challenge
 June 6th through August 31st, 2016
 Members Only

For more information contact the Welcome Center at 641-792-4006 or go on line to www.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

* **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.

Cardio Blast: (B, I, A) (Fitness Studio)

Using a variety of ways to get your heart pumping, this class will help you increase your heart rate to a healthy level, burn calories, develop a healthy, efficient and more productive heart while having fun moving to the beat of the music. A total body workout is what you will get with this style of class while improving your overall endurance levels to benefit your heart and lungs! All skill levels are welcome!

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.

Core N' More: (B, I, A) (Fitness Studio)

It's time to strengthen your core! Look and feel stronger as we combine exercises that tighten and tone your mid-section. Exercises will be performed

standing, seated and lying on a mat to challenge you even further.

* **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!

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) (Small Gym)

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®**: (B, I, A) (Small Gym) Individuals

use elevated TRX straps to perform limitless number of movements. By adjusting a number of factors including reps, sets and rest, this type of training allows an individual to create a training stimulus that is conducive with many different training goals.

* **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) We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and super fun.

OUTCOMES BASED EXERCISE PROGRAMS – Fees \$

\$ **Boot Camp** (Mon. – Small Gym Wed. – Small Gym Fri. – Fitness Studio)

(B, I, A) This awesome program combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. Anything is game in Boot Camp. Your coach, Chad help keep it fun and motivating. The real fun is working out with others that have similar goals and together you accomplish more than you ever thought you could. T-Together E-Everyone A-Accomplishes M-More! TEAM!

\$ **Summer Sweat Challenge** (B, I, A) This Challenge is simple, but effective. Sign up, weigh in every Tuesday, take classes or workout in the wellness areas, loss weight, or maintain and earn points to win a Jack Pot of cash.

www.newtonymca.org



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(B) Beginners

(I) Intermediate

(A) Advanced

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*** Reserve Equipment**