



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Newton YMCA

Fitness Class Schedule January 17 – January 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
6:00 AM			Deep Water 6:00-7:00am	Deep Water 6:00-7:00am			
7:00 AM			Yoga 7:00-8:00am		Yoga 7:00-8:00am		
8:00 AM	Blast 8:30-9:15am	Body Sculpt 8:15-9:00am	CXWORX 8:15-9:00am	Body Sculpt 8:15-9:00am	Blast 8:30-9:15am	CXWORX 8:15-9:00am	Body Sculpt 8:15-9:00am
9:00 AM		BODYCombat 9:30-10:30am	Full Body Fit 9:15-10:00am		Line Dancing 9:00-10:00am		BODYCombat 9:30-10:30am
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM		AFYAP 1:00-2:00pm		AFYAP 1:00-2:00pm		AFYAP 1:00-2:00pm	
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		Cycle 5:15-6:00pm	Body Pump 5:15-6:00pm			Blue	Aquatic
6:00 PM				PiYo 5:45-6:30pm	Full Body Fit 5:30-6:15pm	Red	Cardio
7:00 PM			CXWORX 6:20-7:00pm			Green	Fee Included
8:00 PM					BODYCombat 6:30-7:30pm	Pink	Flexibility/Strength
						Purple	Mind, Body, Spirit
						Orange	Strength
						Gray	Strength/Cardio
						Yellow	Virtual Class

*The Newton YMCA Fitness Schedule is subject to change

Land Classes			
Class	Instructor	Duration	Location
Blast	Kristin	45 min	Virtual
Body Combat	Mandy	60 min	Fitness Studio
Body Pump	Esmeralda	60 min	Fitness Studio
Body Sculpt	Esmeralda	45 min	Fitness Studio
CX WORX	Esmeralda	30 min	Fitness Studio
Cycle	Esmeralda	45 min	Wellness Studio
Full Body Fit	Sarah/Laurie	45 min	Fitness Studio
PiYo	Marie	45 min	Fitness Studio
Step n' Strength	Mary D.	45 min	Fitness Studio
TRX	Mary D.	45 min	Gym
Yoga	Meghan	60 min	Virtual

Aquatic Classes			
Class	Instructor	Duration	Location
AFYAP	Juanita	60 min	Pool
Deep Water	Cheryl	60 min	Pool





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AQUA FIT: A class for everyone! This shallow water, medium intensity workout will leave you feeling refreshed! Each class will include exercises in cardio, strength training and balance. You will have a safe, effective and fun workout while taking it easy on your joints, ligaments and tendons. Getting FIT never felt so good!

ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP): Fun and easy exercises in water to increase or maintain range of motion and flexibility while promoting joint protection.

BODY SCULPT 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.

BODY PUMP: Anyone looking to get lean, toned, and fit FAST, this is for you. Using light to moderate weights with lots of repetition, BODYPUMP gives you total body workout. Instructors will coach you through the moves and technique pumping out encouragement, motivation, and great music.

BOOT CAMP: Early morning High Intensity Interval Training class. This class focuses on getting the heartrate up and keeping it up!

BLAST: A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories. This class focuses on proper lifting technique, body mechanics and efficiency utilizing different types of equipment and a variety of movements that will make you sweat!

CHAIR CLASS: Have fun while moving to the music through variety of exercises designed to increase muscular strength, range, of movement, and activity for daily living skills. Handheld weights, elastic bands, and small inflatable balls are offered for resistance and a chair is used for seated and/or standing support. Great for seniors!

CXWORX: A short, 30-minute class from Les Mills that will challenge your core! Tighten, tone, and strengthen your core in a new, fresh, and intense class!

DEEP WATER: A deep-water class ideal for aerobic and muscle conditioning. Water belts and floatation devices such as barbells and noodles are used to provide a great workout with no impact. Shallow water exercise may be incorporated into this class at the instructor's discretion.

Full Body Fit: A class that incorporates getting your whole body moving! This fun, high intensity class incorporates aspects of strength and cardio that will be sure to get your heart pumping.

My Body My Machine: A high intensity body weight class that focus on strength and cardio.

PiYo®: 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.

Rollqa: A class to help stretch, strengthen, and increase flexibility!

Running Club: Meet at the YMCA front entrance during the spring & summer months for our outdoor running club! This club is open and free to members and nonmembers! We will have 2 routes available – a shorter, one mile run and a longer, 3-mile run. Feel free to walk or run!

SHALLOW H2O: Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics.

WATER WELLNESS: An aqua class designed to improve flexibility while getting your heart rate up! Each class includes cardio, strength training, and balance.

YOGA: Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Focus on strength, flexibility, and posture.

Questions?

Contact Aquatics and Wellness Director, Nick
Shelton.

641-792-4006 or Nick.Shelton@newtonymca.org