



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE YHLC

AEROBICS STUDIO SCHEDULE

REVISED MAY 6TH, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength and Conditioning 5:05 – 6:00 am Jennifer	Abs and Back 5:05 – 5:30 am Jana	Kickbox 5:15 – 5:55 am Gwyn	Abs and Back 5:05 – 5:30 am Jana	Cardio Strength and Conditioning 5:05-6:00am Jennifer		
Body Sculpt - Core 6:05 – 6:30 am Jan	Kickbox/bags 5:30 – 6:15 am Jana	Y-Pump 6:0-6:45am Gwyn	Step 5:30 – 6:15 am Jana	Y- Pump 6:00-6:45am Kim		
Y-Pump 8:30-9:15am Jennifer	Body Sculpt 8:30 – 9:15am Abby	Y-Pump Circuit 8:30-9:15am Jana	Body Sculpt 8:30-9:15am Nikki	Y-Pump 8:30-9:15am Penny	Zumba 8:00 – 9:00 am Kathy	
Cardio Strength and Conditioning 9:20-10:10am Michelle	Turbokick 9:20 – 10:20 am Karen	Step Interval 9:20-10:05am Penny	Turbokick 9:20-10:20am Karen	Step 9:20 – 10:20 am Becky	Kickbox/bags 9:00 – 9:45 am Lynette/Kristina/ Annie	
Body Sculpt 10:15 – 11:05am Becky			Zumba 11:00 – 11:55 Patricia		Body Sculpt - core 9:45 – 10:00 am Lynette/Kristina Annie	
	Active Older Adults 10:30 – 11:15 am Gwyn	Active Older Adults 11:00 – 11:45am Becky		Active Older Adults 10:30 – 11:15 am Lisa	Body Sculpt 10:05 – 10:45 am Lynette/Kristina/ Annie	
Y-Pump 12:05-12:55pm Lynette	Zumba 12:05 – 12:55 pm Kristin	Y-Pump 12:05-12:55pm Penny	40 Forever 12:05 – 12:50 pm Kitty	Kickbox 12:05-12:55pm Karen		Zumba 1:15 – 2:20 pm Kathy
	Delay the Disease 1:00 – 2:00 pm LaDona/Jennifer				Delay the Disease 1:00 – 2:00 pm Ladona/ Jennifer	
Kickbox/bags 4:45 – 5:35 pm Nicole	Core Strength for Endurance Athletes 4:45 – 5:15 pm	Zumba 4:45 – 5:40 pm Kit				
Step Circuit 5:45 – 6:40 pm Ann	Zumba 5:30 – 6:30 pm Kelly	Turbokick 5:45 – 6:30 pm Kayla	Zumba Toning 5:30 – 6:25 pm Ildiko			
Body Sculpt -Core 6:45 – 7:15 pm Ann		Y-Pump 6:35 – 7:20 pm Kayla	Kickbox 6:30 – 7:30 pm Kristina			



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

40 Forever	This low impact class incorporates many aerobic moves using the large stability balls as well as the small ball. Appropriate for all ages and sizes.
Active Older Adults	This is a great class for those individuals wanting a low impact group exercise experience. Class includes cardio elements as well as balance and resistance training.
Body Sculpt	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and equipment.
Body Sculpt - Core	This strength and conditioning class will use equipment and body weight with a total focus on your bodies abdominal and back muscles.
Bosu Fitness	This class utilizes functional training in positive ways to help shape and impact you're your core, as well as, upper and lower body muscle groups. While this class focuses on strength, it does have a cardio component as well, for a total body workout.
Cardio and Strength Conditioning	This combination class includes a variety of cardio circuits with muscle conditioning work for a total body workout. Great for advanced participants who can challenge themselves during the muscle intervals and good for beginners who may use the muscle intervals as a recovery period.
Core Strength for Endurance Athletes	This rigorous class is for serious athletes who compete in endurance sports. Focusing on core strength and stability, participants will use stability balls, medicine balls, BOSUs, and their own body weight as resistance to build a strong foundation for running, cycling, and competing in triathlon.
Delay The Disease	Parkinson's specific exercise program designed to help ease symptoms.
Kickbox	This class incorporates bag work along with aero boxing for a total body workout.
Step	A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching.
Step Circuit	Step class interspersed with intense muscle work. Advanced participants can challenge themselves during muscle work and beginners can use the interval as a rest.
Step Interval	Step aerobics interspersed with intense cardio segments and followed by a recovery period. Class will improve cardio conditioning. Beginners can use the interval period as a rest.
TURBO KICK®	TURBO KICK® One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.
Y-Pump	Take a break from the weight room and get into this class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of strength equipment (dumbbells, body bars, physioballs and resistance bands). A great addition to any fitness workout routine.
Y-Pump Circuit	A new class! Follow most Y-Pump muscle work with cardio intervals interspersed
Zumba	Get ready to dance. This is a Latin inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout. Easy to follow and excellent for any fitness level.

If you have Questions or comments – Please contact Penny Luthens, Group Exercise Director, YMCA of Greater Des Moines @ 515 645 3343 or penny.luthens@dmymca.org