



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ADULT FITNESS CLASSES JUNE 5 – JUNE 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 a.m. H2O Cardio	5:30-6:30a.m. Ultimate Cardio (Mary)	5:30-6:30a.m. H2O Cardio	5:30-6:30a.m. Ultimate Cardio (Nancy)	5:30-6:30a.m. H2O Cardio	
	5:40-6:30a.m. Cardio Blast (Boran)	6:40-7:40 Cycling/yoga (Mary)	5:40-6:30a.m. Cardio Blast (Anderson)			
	8:15-9:00 a.m. Pilates	8:15-9:00 a.m. H2O Cardio	8:15-9:00 a.m. Pilates	8:15-9:00 a.m. H2O Cardio	8:15-9:00 a.m. Pilates	
	8:30-9:15a.m. Aqua TNT		8:30-9:15a.m. Aqua TNT	9:30- 10:15a.m. Kettlebell Kickboxing	8:30-9:15a.m. Aqua TNT	
	11:40-12:10 Power Pump		11:40-12:10 Power Pump			
			*KARATE 2-3:30 p.m.			
		*KARATE 3:30-7 p.m.		*KARATE 3:30-7 p.m.		
	5:30-6:15p.m. H2O Cardio		5:30-6:15p.m. H2O Cardio			



FITNESS CLASS OFFERINGS

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CARDIO BLAST (Stacy Anderson, Colleen Boran) M & W 5:40 a.m. This exciting mix of step, cycling, hi/low aerobics and boot camp drills will ignite your fat burning potential. Reshape your body, burn calories and have a BLAST in the process. We will be outside when possible in summer.



***New class!* CYCLING/YOGA (Mary Hanna)**

Tues. 6:40-7.40 a.m. Join us for 30 minutes of high-intensity, high-energy cycling designed for beginners to advanced cyclers. Cycling will be followed by 30 minutes of yoga cool down combining the flexibility, meditative and weight loss elements of YOGA.

PILATES (Paula Wilson) M, W, F at 8:15 a.m.

This series of movements promotes elongated and toned muscles and is well known for developing the core of the body. The low impact class improves strength, flexibility, balance and is good for all ages. Mats, balls, bands and rings are used to make this an exciting class.

AQUA TNT (Marty Daggett)

Stretching and toning using gentle movements and some easy conditioning to soft enjoyable music to improve health, flexibility, and muscle tone with no joint stress.

H2O CARDIO (Sara Korthals, Karen Sinnwell, Donna Hall)

This total body workout will give you a moderate to high intensity workout that includes cardiovascular conditioning for a healthy heart and elements of strengthening and toning.

KETTLEBELL KICKBOXING (Betsy Marmaras)

This intense combination weight and kickboxing class will increase strength, endurance, agility & balance while challenging both the muscular & cardiovascular system with total-body movements. A fantastic core, strength & cardio workout.

POWER PUMP (Shannon Wooge) Focusing on low weights and high repetition movements, you will gain strength and burn fat. This concept is one of the fastest ways to get in shape as it challenges all of the major muscle groups.

ULTIMATE CARDIO (Mary Hanna/Nancy Johnson) 5:30 a.m. T & Th

Get a full-body workout with this intense cardiovascular class. Includes interval training involving aerobics, bikes, steps, weights, bands, balls and much more.

YOGALATES (Julie Price, Mary Hanna)

Yogalates combines the flexibility, meditative and weight loss elements of Yoga with the muscle strengthening and toning of Pilates. The combination of discipline creates a strong, streamlined body, leaving you feeling taller, leaner and with a strong sense of health and well-being.



Forest City Y

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