



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ADULT FITNESS CLASSES MARCH 1-31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 a.m. <b>H2O Cardio</b> (Karen)	5:30-6:30 a.m. Ultimate Cardio (Nancy)	5:30-6:30 a.m. <b>H2O Cardio</b> (Karen)	5:30-6:30 a.m. Ultimate Cardio (Nancy)	5:30-6:30 a.m. <b>H2O Cardio</b> (Karen)	
	5:40-6:40 a.m. DANCEMIXX BY Jazzercise® (Hallie)		5:40-6:30 a.m. Cardio Blast (Colleen)		5:40-6:30 a.m. Cardio Blast (Stacy)	
	8:15-9:00 a.m. Pilates (Paula)	8:30-9:15 a.m. HITT (Betsy)	8:15-9:00 a.m. Pilates (Paula)	8:30-9:15 a.m. HITT (Betsy)	8:15-9:00 a.m. Pilates (Paula)	
				9:40-10:00 a.m. Group Cycling (Betsy)		
	8:30-9:15 a.m. <b>Aqua TNT</b> (Marty)	8:30-9:15 a.m. <b>H2O Cardio</b> (Sara)	8:30-9:15 a.m. <b>Aqua TNT</b> (Marty)	8:30-9:15 a.m. <b>H2O Cardio</b> (Sara)	8:30-9:15 a.m. <b>Aqua TNT</b> (Marty)	
		11:40-12:10 Power Pump (Shannon)		11:40-12:10 Power Pump (Shannon)		
	4:15-4:45 Cardio Blast (Stef)	4:15-4:45 Cardio Blast (Stef)		4:15-4:45 Cardio Blast (Stef)		
4-5 p.m. <b>Ultimate Cardio</b> (Begin 4/11 Brynn)	5:30-6:15 p.m. <b>H2O Cardio</b> (Donna)	5:00-6 p.m. <b>KARATE</b> Kids Group	5:30-6:15 p.m. <b>H2O Cardio</b> (Donna)	5:00-6p.m. <b>KARATE</b> Kids Group		
	5:15-6:00 p.m Group Cycling (Mary/Julie)	6-7 p.m. <b>KARATE</b> Adult/Advanced	5:00-5:45 p.m. Group Cycling (Julie/Mary)	6-7 p.m. <b>KARATE</b> Adult/Advanced		
	6:15-7 p.m. Yoga/Stretch (Mary)	7:00-7:30 p.m. HITT (Nikki)	7:30 p.m. <b>Ultimate Cardio</b> (Brynn)	7:00-7:30 p.m. HITT (Nikki)		
		7:45-8:30 p.m. <b>Yoga/Stretch</b> Merrisa		7:45-8:30 p.m. <b>Yoga/Stretch</b> Merrisa		

**Forest City Y**

916 West I Street, Forest City, Iowa 50436 P 641 585 5220

[www.forestcityymca.org](http://www.forestcityymca.org)



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## FITNESS CLASS OFFERINGS

**CARDIO BLAST (Colleen Boran)** W 5:40-6:30 a.m. **(Stef Zeman)** M T TH 4:15-4:45 p.m. **(Stacy Anderson)** F 5:40-6:30 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.

**DANCEMIXX WORKOUT BY JAZZERCISE® (Hallie Erdahl)** M 5:40-6:40 a.m. This high-intensity dance workout mixes modern moves with strength training set to Top 40 music. DanceMixx targets the 3 major muscle groups for a full body workout.



**HIIT High Intensity Interval Training (Betsy Marmaras)** T/TH 8:30 a.m., **(Nikki Adolphson)** T (legs)/TH (arms/abs) 7-7:30 p.m. HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, recovery periods. Exercises can be performed with or without weights making HIIT adaptable to all levels of fitness.

**PILATES (Paula Wilson)** M W F 8:15-9:00 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.

**POWER PUMP (Shannon Wooge)** T TH 11:40 a.m.-12:10 p.m. 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.

**GROUP CYCLING (Mary Hanna, Julie Price)** M 5:15-6 p.m. W 5:00-5:45 p.m. **(Betsy Marmaras)** TH 9:40-10:00 a.m. Add a new element to your exercise program with this high-intensity, high-energy bike class that is designed for beginners to advanced cyclers. Run, jump, sprint and climb your way to a healthier you!



**YOGA/STRETCH (Mary Hanna)** M 6:15-7 p.m. Sunday 2:30p.m. **(Merrisa Petersen)** T/TH 7:45-8:30 p.m. Designed to teach basic yoga postures that enhance flexibility, strength and balance and promote relaxation. Creating a strong, streamlined body, leaving you feeling taller, leaner and with a strong sense of health and well-being.

**ULTIMATE CARDIO (Mary Hanna/Nancy Johnson)** 5:30 a.m.-6:30 a.m. T/TH **(Brynn Daniels)** W 7:30 pm/**Sun 4 p.m.** Get a full-body workout with this intense cardiovascular class. Includes interval training involving aerobics, bikes, steps, weights, bands, balls and much more.

### IN THE POOL!

**AQUA TNT (Marty Daggett)** M W F from 8:30-9:15 a.m.

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 (Karen Sinnwell)** M W F 5:30-6:30 a.m., **(Sara Korthals)** T TH 8:30-9:15 a.m., **(Donna Hall)** M W 5:30-6:15 p.m. 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.



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