



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT FITNESS CLASSES

## NOVEMBER 1-30

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		5:30-6:30 a.m. <b>H2O Cardio</b> (Paula)  <b>HITT</b> (Hallie) 5:30-6:15 a.m.	5:30-6:30 a.m. <b>Interval Action</b> (Brynn)	5:30-6:30 a.m. <b>H2O Cardio</b> (Paula)  <b>HITT</b> (Betsy) 5:30-6:15 am	5:30-6:30 a.m. <b>Interval Action</b> (Brynn)	5:30-6:30 a.m. <b>H2O Cardio</b> (Paula)	
8:00 a.m.		8:15-9:00 a.m. <b>Pilates</b> (Paula)	8-8:25 a.m. <b>ReadyLift</b> (Haleigh/Betsy)	8:15-9:00 a.m. <b>Pilates</b> (Paula)	8-8:25 a.m. <b>ReadyLift</b> (Haleigh/Betsy)	8:15-9:00 a.m. <b>Pilates</b> (Paula)	
8:30 a.m.		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)	
			8:30-9:15 a.m. <b>HITT</b> (Betsy)		8:30-9:15 a.m. <b>HITT</b> (Betsy)		
9:30 a.m.			9:30-9:50 a.m. <b>Flex&amp;Stretch</b> (Betsy)		9:30-9:50 a.m. <b>Flex&amp;Stretch</b> (Betsy)		
11:40 a.m.		<b>LUNCH BLOCK</b> 11:40-12:10 <b>YOGA</b> (Macy)	<b>LUNCH BLOCK</b> 11:40-12:10 <b>YOGA</b> (Macy)	<b>LUNCH BLOCK</b> 11:40-12:10 <b>Power Pump</b> (Shannon)	<b>LUNCH BLOCK</b> 11:40-12:10 <b>Power Pump</b> (Shannon)		
1-4 p.m.	<b>TOO LEGIT TO QUIT 11/18 BOOTCAMP</b> 1-2 p.m.			2:00-4:00 p.m. <b>KARATE</b>			
4:15 p.m.		4:15-4:45 p.m. <b>Interval Action</b> (Stef)	4:15-4:45 p.m. <b>Interval Action</b> (Stef)		4:15-4:45 p.m. <b>Interval Action</b> (Stef)		
5:15 p.m.		5:15-6:00 p.m. <b>Cycle Max</b> (Mary)					
5:30 p.m.		5:30-6:15 p.m. <b>H2O Cardio</b> (Donna)	5-7 p.m. <b>KARATE</b>	5:30-6:15 p.m. <b>H2O Cardio</b> (Donna)	5-7 p.m. <b>KARATE</b>		
6:15 p.m.		6:15-7 p.m. <b>Flex&amp;Stretch</b> (Mary)					
7 p.m.			7:00-7:30 p.m. <b>HITT</b> (Nikki)		7:00-7:30 p.m. <b>HITT</b> (Nikki)		
			7:45-8:30 <b>YOGA</b> (Merrisa)		7:45-8:30 <b>YOGA</b> (Merrisa)		

### Forest City Y

916 West I Street, Forest City, Iowa 50436 P 641 585 5220  
[www.forestcityymca.org](http://www.forestcityymca.org)

#### INTENSITY SCALE



=LOW



=MEDIUM



=HIGH



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## FITNESS CLASS OFFERINGS

**KID KARE** IS AVAILABLE ON MONDAY & WEDNESDAY  
FROM 8:00-10:30 A.M. COST IS \$1 PER ½ HOUR.

PUNCH CARDS MAY BE PURCHASED AT THE FRONT DESK AND HOURS ARE SUBJECT TO CHANGE.

**CYCLE MAX (Mary Hanna)** M 5:15-6 p.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!

**FLEX&STRETCH (Mary Hanna)** M 6:15-7 p.m.  
**(Betsy Marmaras)** T/TH 9:30-10:00 a.m. This class will focus on flexibility and balance by strengthening core muscle groups. Combining yoga and pilates, we will loosen up muscles, improve flexibility, posture and range of motion. An excellent stress reliever that both rejuvenates the body and focuses the mind.

**HIIT High Intensity Interval Training (Hallie Erdahl)** M 5:30-6:15 a.m.; **(Betsy Marmaras)** W 5:30-6:30 a.m. (begin 11/7), 8:30-9:15 a.m.; **(Nikki Adolphson)** T/TH 7-7:30 p.m. HIIT 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.



**INTERVAL ACTION (Brynn Daniels)** T Th 5:30 a.m.-6:30 a.m. **(Stef Zeman)** M T TH 4:15-4:45 p.m. Get a full-body workout with this intense cardiovascular class! This class is an exciting mix of step, cycling, hi/low aerobics, weights, bands, balls and much more! Reshape your body, burn calories and have a BLAST in the process. Some classes may be held out outside weather permitting.

**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)** W/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.



**READY LIFT (Haleigh Biernacki & Betsy Marmaras)** T/TH 8-8:25 a.m. New to our weight room? Check out this strength training class! Increase bone mass, improve muscular strength and enhance joint health! This class features training programs using dumbbells, resistance bands, kettle bells, & body weight.

**YOGA (Macy Tzoylis)** M/T 11:40-12:10, **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.

## H2O Fitness Classes

**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. (no class 11/21, 11/23)



**H2O CARDIO (Paula Vaughan)** 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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