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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE Council Bluffs YMCA Fall II - October 24-December 10, 2011

Aerobic Studio (Small Gym)	MON	TUES	WED	THUR	FRI	SAT
	Body Pump 5:30-6:30am <i>(Lexy)</i>	Body Attack 5:30-6:30am <i>(Angie)</i>	Ultimate Combo 5:30-6:15am <i>(Angie)</i>	Body Pump 5:30-6:30am <i>(Angie)</i>	Pilates & More 5:30-6:15am <i>(Nicole)</i>	Body Attack 8:00-9:00am <i>(Nicole)</i>
	Yoga 4 Every "Body" 9:30-10:15am <i>(Carrie)</i>	Body Pump 9:15-10:15am <i>(Linda)</i>	Zumba Gold® 9:15-10:00am <i>(Linda)</i>	Body Pump 9:15-10:15am <i>(Linda)</i>	Tai-Chi 9:00-9:45am <i>(Linda)</i>	Body Pump 9:10-10:10am <i>(Sarah)</i>
	Silver Sneakers® 10:30-11:15am <i>(Carol)</i>	Variety 10:30-11:15am <i>(Linda)</i>	Silver Sneakers® 10:30-11:15am <i>(Carol)</i>	Variety 10:30-11:15am <i>(Linda)</i>		Zumba 10:15-11:00am <i>(Sarah)</i>
	Body Attack 12:15-1:00pm <i>(Shelly)</i>	Body Pump 12:15-1:00pm <i>(Beth)</i>	Yoga Ball 12:15-1:00pm <i>(Angie)</i>	Variety 12:15-1:00pm <i>(Beth)</i>		
	Body Pump 4:25-5:25pm <i>(Suzanne)</i>	Ultimate Combo 4:30-5:15pm <i>(Rachel)</i>	Ultimate Combo 4:30-5:15pm <i>(Rachel)</i>			
	Family Zumba 5:30-6:15pm <i>(Linda)</i>	Pilates & More 5:30-6:15pm <i>(Nicole)</i>	Body Pump 5:25-6:25pm <i>(Traci)</i>	Body Vive 5:15-6:15pm <i>(Shannyn)</i>		
	Body Pump 6:20-7:20pm <i>(Traci)</i>	Kick Boxing 6:15-7:00pm <i>(Nicole)</i>		Zumba® 6:15-7:00pm <i>(Sarah)</i>		

Cycling Room	MON	TUES	WED	THUR	FRI	SAT
		Cycling 6:00-6:45am <i>(Darcy)</i>		Cycling 6:00-6:45am <i>(Roy)</i>	Cycling 09:15-10:00am <i>(Beth)</i>	Fit Fusion 8:00-9:00am <i>(Thea)</i>
	Cycling 5:30-6:15pm <i>(Suzanne/Thea)</i>				Cycling 12:15-1:00pm <i>(Shelly)</i>	
	Yogafit 6:20-7:20pm <i>(Suzanne)</i>					

Special Classes	Location	MON	TUES	WED	THUR	FRI	SAT.
	ISD (Lied Center) Register at ISD		Variety 4:00-5:00pm <i>(Shannyn)</i>		Low Impact 4:00-5:00pm <i>(Shannyn)</i>		
	Arranged		Jr. Trainer 5:30-6:30 pm <i>(Val)</i>		Mommy & Me Yoga 9:15-10:15am		
Arranged	Operation Weight Loss 5:30-6:15 pm <i>(Val)</i>		Operation Weight Loss 5:30-6:15 pm <i>(Val)</i>				

Body Pump Class limited to 24 participants.

CLASS DESCRIPTIONS

Body Attack – high energy interval training class combines aerobic movements with strength & stability exercises.

Body Pump – is a group exercise class for all ages and fitness levels. Body Pump uses motivating music to deliver an athletic-based workout using barbells with adjustable weights to work every major muscle group.

Body Vive – A low-impact group fitness workout that uses balls, tubes and optional hand-weights while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated and fizzing with energy.

Cycling – Perfect your technique, work on hills, climbs, jumps, etc. to inspiring music. Modifications offered for beginners.

Fall Challenge – Small group workouts led by a certified personal trainer. Sessions consist of cardio, strength, and core. Whether you're just getting started or you're an experienced exerciser, group training will push you to the next level of fitness.

Fit Fusion – Unite the body, mind, and spirit with a powerful cycle format followed with Yoga patterns that recover the low back, hips, hamstrings and quadriceps.

Healthy Families – Free health and nutrition classes for families and youth. Classes are staffed by a Registered Dietitian and Exercise Specialist. Classes will rotate between the Y and the Hy-Vee's. To register contact Linda Robicheau at 712-322-6606

Jr. Trainer (weight training) - Designed to teach youth and early teens about the muscles of the body, proper lifting techniques for safe weight training and how to set up individual programs.

Kick Boxing- High-intensity workout using punches, kicks and hooks. Will include a limited amount of step, low-impact exercise, free weights, and abdominal work. Beginners welcome.

Mommy & Me Yoga - Fly like a bird, roar like a lion, stand tall like a tree helps build body awareness, self control, coordination, balance and confidence. Ages 18 months—3 years.

Operation Waistline- is a Group Wellness program designed to help jump start a healthy life-style. The program consists of weekly weigh-ins and group discussions; topics cover safety tips, exercise benefits and nutrition. Minimal fee, sign up at front desk.

Personal Training –Meet one on one with our certified YMCA staff to develop a program designed just for you, involving cardiovascular endurance, strength training, nutrition, self esteem, etc. Arranged through front desk. (Buy 5 get 1 free)

Pilates &More - Exercises focus on breathing, centering, control, precision, flowing movements, isolation and routine. A strong core relates to a healthy back and better posture. For all fitness levels.

Silver Sneakers®- Have fun moving to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance.

Tai Chi- Tai Chi utilizes the philosophy of yin and yang in every aspect of its practice. Focusing the mind solely on the movements, helps bring a state of mental calm and clarity. Benefits health and stress management.

Ultimate Combo- Combine all your favorites: step, hi/lo, and body sculpting using a variety of creative choreography. This ultimate workout is for all fitness levels.

Variety - Combination of cardio and strength training using a variety of moves. Weather permitting part of the class may be held outside. This workout can be modified to fit all fitness levels

Variety/Low Impact at ISD - Combination of: cardio and strength training using a variety of moves. This workout can be modified to fit all fitness levels

Yogafit- combines elements of hatha yoga with strength and conditioning components. Benefits include stress reduction, improved balance and flexibility; creating a total mind/body health. All fitness levels.

Yoga Ball-These core exercises on the ball help strengthen core muscles including the hard-to-get-to muscles (such as the TVA and erector spinae). They also improve balance and overall coordination

Yoga 4 Every "Body" – Energize your life with this Yoga program specially designed for full figured women. Gain confidence, strength, flexibility & inner calm.

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