



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp/HIIT 5:15-6 am Shaun	Body Pump Express 5:15-6 am Stephie	Bootcamp/HIIT 5:15-6 am April	Body Pump Express 5:15-6 am Stephie	Bootcamp/HIIT 5:15-6 am Shaun	Body Pump 8-9 am Rotation	Short Circuits 1:15-1:45 pm Carrie
Cardio Barre 5:15-6 am Dawn G	Spinning 5:30-6:30 am Cheryl	Cardio Barre 5:15-6 am Dawn G	Spinning 5:30-6:30 am Cheryl	Cardio Core 5:45-6:15 am Mallori	W.O.W 8:30-9:15 am Tammie	
Spinning 6-7 am Dawn P	Express Workout 6:15-6:45 am April	Spinning 6-7 am Dawn P	Express Workout 6:15-6:45 am Stephie	Spinning 6-7 am Dawn P		
Senior Fitness 8:30-9:10 am Robin N	Warrior Workout 9:15-10 am Morgan	Senior Fitness 8:30-9:10 am Robin N	Zumba Step 9:15-10 am Shar	Senior Fitness 8:30-9:10 am Robin N		
Zumba 9:15-10 am Morgan	Power Yoga 10:15-11:15 am Monika	Express Workout 9:15-9:45 am Amanda	Silver Sneakers 10:30-11:15 am Cara	Vinyasa Yoga 9:15-10:15 am Angel		
Shreadmill Circuits 10:15-11 am Shar	Silver Sneakers 10:30-11:15 am Cara	Bootcamp/HIIT 12-12:30 pm Kara	Express Workout 12-12:30 pm Amanda	Express Workout 12-12:30 pm Amanda		
Tabata Fusion 12-12:30 pm Kara	Intense Core 12-12:30 pm Lindy	Delay the Disease 1-2 pm Robin N	Vinyasa Yoga 4:15-5 pm Angel	Zumba 5:15-6 pm Ingrid		
Delay the Disease 1-2 pm Cara	Power 30 5:15-5:45 pm Mallori	Power Pilates 4:15-4:50 pm Monika	Body Pump Express 5:15-6 pm Carrie	Short Circuits 6-6:30 pm Becky		
Body Pump Express 4:15-5 pm Monika	Turbo Kick 6-6:30 pm Mallori	W.O.W 4:15-5:15 pm Tammie				
Functional Training 5:15-6 pm April		Functional Training 5:15-6 pm April				
Zumba 5:15-6 pm Shar		Zumba 5:15-6 pm Andrea				
Oh Baby-Mommy & Me 6-6:45 pm Becky L						
Short Circuits 6:15-6:45 pm Carrie						

***Most classes are held in the Aerobics Studio with the exception of Cardio Barre, Power Yoga, Functional Training Bootcamp/Cardio, Spinning, and W.O.W**

BURLINGTON AREA YMCA

2410 Mt. Pleasant St, Burlington, IA 52601 P 319.753.6734 F 319.753.6736 W www.burlingtony.org





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BODY PUMP™: The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced

*Express format is 45 minutes and full Body Pump is 1 hour long

Bootcamp/HIIT: This intense class consists of power moves, sprints, jumping jacks, jump rope, lunges, strength training, abs, and more! Intermediate-Advanced

Cardio Core: A 30 minute heart pumping, core strengthening workout. It's a perfect way to get your day started. All fitness levels welcomed!

Cardio Barre: Want a total body burn? Look no further! Cardio Barre is a unique, high energy class that combines barre work, cardio intervals, and weights. Beginner-Advanced

Delay The Disease: This class is a life-changing fitness and mobility workout designed for people with Parkinson's Disease. Led by certified Ohio Health Delay the Disease instructors, the program improves physical, mental, and emotional realities of PD patients.

Express Workout: Classes range from circuits, tabata, HIIT, and more. You'll have to show up to see what's new! All fitness levels are welcomed.

Functional Training Bootcamp/ Cardio: Looking to spice up your strength training routine? Enhance your conditionings and confidence to the next level with this intensity class using TRX, Suspension Trainers, battle ropes, kettlebells, and Bosu balls. Beginner-Advanced

Intense Core: A 30 minute core workout that will include abs, stretching, lower back, hip exercises, and upper body strengthening. Intermediate-Advanced

Oh Baby: Mommy and Me Fitness: Get ready for a great all around body workout! This class includes strength training for arms and legs combined with cardio and abdominal work. Baby age: 6 weeks-1 year (crawlers welcome, but must be supervised).

Power 30: Need a quick and effective workout that leaves you stronger, leaner, and more energized? This 30 minute class uses dynamic, compound moves that will strengthen and tone your entire body. Get in, get out, and get strong!

Power Pilates: This Pilates based workout uses bands, sliding discs, balls, and light weights to strengthen your core. Intensity will be added with tabata and plyometric exercises.

Power Yoga: Add some variety to your yoga class with some power and cardio intervals, Pilates inspired exercises, and light weight training. Improve your core, balance, and strength with this yoga/Pilates fusion class. All levels welcome.

Senior Fitness: Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

Short Circuits: A 30 minute fast paced full body circuit class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

Shreadmill Cardio: This class will incorporate cardio using a treadmill and strength training moves for an all-around, full body workout. All levels are welcomed! Limit 6 per class.

Silver Sneakers: Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

Spinning: Stationary cycling class that combines different elements of speed, strength, and endurance. And great music and rhythm in every class! Bring a water bottle and padded shorts are suggested but not required. All skill levels are welcome!

Strolling for Strength: Mommy and Me Fitness: This isn't your everyday walk through the park! This tailored stroller bootcamp will give you a full body workout all while your baby is along for the ride! Baby age 6 weeks to 4 years (strollers needed for this class).

Tabata Fusion: This high intensity anaerobic workout will help you burn a lot of calories and get your heart rate up! This class is 30 minutes long and will keep you moving the whole time.

Turbo Kick: Turbo kick is an aerobic exercise, meaning it raises your heart rate and burns calories. Turbo kick teaches participants boxing moves such as kicks and punches. A typical turbo kick class usually features cardiovascular work, strength conditioning, and cooling down.

Vinyasa Yoga: This class focuses on uniting breathing with movement. Evening classes will incorporate flexibility and balance. Morning classes will add strength along with flexibility and balance and will be more vigorous in pace.

Warrior Workout: This high intensity fun filled combination bootcamp and kickboxing class pushes you out of your comfort zone. This workout has a lot of variety every week including weights and/or cardio.

W.O.W- Women on Weights: New to strength training? Learn proper technique in a class setting. This class is held in the weight room. This program is 8 weeks long and runs from April 24th-June 10th.

Zumba™: Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaton. Come try it out for fun and effective workout! All skill levels welcome!

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