



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASSES

FITNESS CLASS SCHEDULE (DECEMBER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:15 am Morning Jumpstart Paula	5:45-6:30 am Morning Circuit Deb	5:30-6:15 am Morning Jumpstart Paula	5:45-6:30 am Morning Circuit Deb	5:45-6:30 am Morning Circuit Deb
6:00-6:45 am Early Bird Aqua Raquel		6:00-6:45 am Early Bird Aqua Raquel	CLASS SCHEDULE SUBJECT TO CHANGE	6:00-6:45 am Early Bird Aqua Raquel
6:45-7:45 am Yoga Lynn		6:45-7:45 am Yoga Lynn		
8:15-9:00 am Aqua Medley Lynn	8:30-9:15 am Chair Yoga Mia	8:15-9:00 am Aqua Medley Lynn	8:30-9:15 am Chair Yoga Mia	
	8:15-9:00 am Power Pilates Angie		8:15-9:00 am Power Pilates Angie	8:15-9:00 am Power Pilates Mia
9:00-10:00 am Funky Bunch Lynn	9:00-9:45 am Power Walking JR	9:00-10:00 am Funky Bunch Lynn	9:00-9:45 am Power Walking JR	
9:00-10:00 am Parkinson's Class Mandy	9:15-10:00 am Tai Chi Adonica	9:00-10:00 am Parkinson's Class Mandy	9:15-10:00 am Tai Chi Adonica	
9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia
10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia
	10:00-11:00 am Rock Steady Box Mandy		10:00-11:00 am Rock Steady Box Mandy	
10:15-11:00 am Silver Sneakers Jean		10:15-11:00 am Silver Sneakers Jean		
4:15-5:00 pm Zumba Jen	4:15-5:00 pm Aqua Zumba Jen	4:15-5:00 pm Zumba Jen	4:15-5:00 pm Aqua Zumba Jen	
4:15-5:00 pm Deep Water Kalian		4:15-5:00 pm Deep Water Kalian		
4:15-5:00 pm Wet-N-Fit Eula		4:15-5:00 pm Wet-N-Fit Eula		4:15-5:00 pm Wet-N-Fit Eula
4:45-5:45 pm Barre Intensity Mia	4:30-5:15 pm Vinyasa Yoga Mia	4:45-5:45 pm Barre Intensity Mia	4:30-5:15 pm Vinyasa Yoga Mia	
5:00-5:45 pm HIIT JR	5:00-5:45 pm HIIT JR	5:00-5:45 pm HIIT JR	5:00-5:45 pm HIIT JR	
	5:15-6:00 pm Aqua Boot Camp Lynn		5:15-6:00 pm Aqua Boot Camp Lynn	
	5:45-6:15 pm Yoga Stretch Mia		5:45-6:15 pm Yoga Stretch Mia	

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR Y MEMBERSHIP

Anyone 13 years old or older may participate in group fitness classes.

Child Watch Hours:
Mon-Thurs:
 8-9 AM; 4-7 PM
Friday 8-9 AM
Child Watch Rates
 Cost:
 Free for members
 \$2/child for non members

CHILD WATCH
 We offer child care while you exercise at the YMCA. Children under 7 must be supervised while in the facility. Our staff will be happy to watch your children.

SOUTHERN PRAIRIE YMCA
 1201 W Townline, Creston, Iowa
 641-782-9622
 www.southernprairieymca.com

GROUP FITNESS CLASSES

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Rock Steady Boxing T,Th 10:00-11:00 AM

Rock Steady is a non-contact boxing-based program designed to improve strength, balance, flexibility, endurance, speed, reaction time, and overall well-being of people living with Parkinson Disease. Instructor: Mandy Henderson
FREE for Members! Participants: \$25/month

HIIT M,T,W,Th 5:00-5:45 PM

A high intensity interval based exercise class that will push you to work hard for a great cardio and strength workout. Instructor: JR Hicks

Morning Jumpstart M,W 5:30-6:15 AM

Jumpstart your day with a combination of cardio and strength. This early morning wake up is designed to help you reach your fitness goals, get you energized, and keep burning calories well into your day. Instructor: Paula Jacobson

Yoga M, W 6:45-7:45 AM; PM Yoga T,Th 4:30-5:15 PM

A flowing sequence of yoga poses to build strength, stamina, flexibility and balance along with breathing and relaxation techniques.
Mon/Wed Instructor: Lynn Irr; Afternoon Instructor: Mia Williams

Yoga Stretch T,Th 5:45-6:15 PM

Great as your post workout routine. A series of yoga poses focused on deeper stretching and flexibility. Instructor: Mia Williams

Morning Circuit T,Th, F 5:45-6:30 AM

Start your morning with friends in this class designed for strength training, cardiovascular exercise and core work in various interval and circuit-style formats. Instructor: Deb Peterson

Zumba & Zumba Toning M,W 4:15-5:00 PM

Burn calories, tone and shape, improve coordination, endurance and stamina. Body-sculpting exercises and high energy cardio create a fun calorie-torching session. Instructor: Jen Frakes

Power Pilates T,Th, F 8:15-9:00 AM

Pilates improves posture, mental and physical well-being, core strength, and flexibility through controlled movements. Bands, weights, kettle bells and more enticing "tools" power up your results. Instructor: Angie Marlin & Mia Williams

Funky Bunch M,F 9:15-10:00 AM

Your basic exercise class designed to building muscular strength, balance and cardio endurance. Keep the body young in this fun and funky class.
Instructor: Lynn Irr

Power Walking T,Th 9:00-9:45 AM

Walk with a buddy or a class full of friends in this two day a week class. It's a walking class with a focus on fat burning and cardio.
Instructor: JR Hicks

Tai Chi Arthritis and Fall Prevention T,Th 9:15-10:00 AM

Tai Chi teaches easy-to-learn, self-paced, exercises to help with balance and breathing while reducing the risk of falling. Balance deficits, arthritis mobility issues and stress reduction are addressed. Instructor: Adonica Struhar

Chair Yoga T,Th 8:30-9:15 AM

A flowing sequence of yoga poses to build strength, flexibility and balance. A chair is used in class to help with balance, helping to focus.
Instructor: Mia Williams

Parkinson's and Limited Mobility M,W 9:00-10:00 AM

Designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. Certified instructor, Mandy, creates a fun and friendly atmosphere to tackle even your most difficult challenges! Instructor: Mandy Henderson
FREE for Members! Participants: \$25/month

Silver Sneakers Classic M,W 10:15-11:00 AM

Have fun and exercise to the music, on a chair or near one, to increase muscular strength, range of motion and balance needed for daily activities. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. Instructor: Jean Benoit

Barre Intensity M,W 4:45-5:45 PM

Inspired by ballet and strength training, this high intensity Barre class targets your arms, core, thighs and booty to help you create a long, lean dancer's body. Get ready to feel the Barre burn. Instructor: Mia Williams

GROUP WATER FITNESS CLASSES

Aqua Medley - M,W 8:15-9:00 AM

Low impact water exercise class that focuses on a fusion of tai chi, yoga, pilates and range of motion. Great for beginners and anyone looking to increase their flexibility and core strength. Instructor: Lynn Irr

Aqua Power II - M,W, F 9:00-10:00 AM

High intensity interval workout. Cardio intensive. No swimming skills required. Instructor: Mia Williams

Deep Water Aqua - M,W 4:15-4:45 PM

High intensity deep water workout. Deep water cardio and abs. Swimming skills required. Instructor: Kalian Smith

Aqua Power - M,W, F 10:00-11:00 AM

Moderate intensity interval workout which primarily focuses on aerobic conditioning with some toning and strengthening exercises. Instructor: Mia Williams

Early Bird Aqua - M,W, F 6:00-6:45 AM

Use water resistance to build muscle strength and work the cardiovascular system. Join us on Monday for Noodles, Wednesday for Water Tabata and Friday for Friday Flutters to Firm the Flabby Fanny! Instructor: Raquel Linch

Wet-N-Fit - M,W, F 4:15-5:00 PM

Use the resistance of the water, aqua bells and noodles to give you a great water workout. Instructor: Eula Dolecheck

Arthritis Aqua - T, Th 9:15-10:00 AM

Designed specifically to help with the aches and pains of arthritis and other limited mobility issues because water exercise relieves the excess strain on joints and muscles while allowing movement. Instructor: Lynn Irr

Aqua Interval - T, Th 10:00-11:00 AM

Try this fun and motivating class focusing on strength, stabilization, posture, and cardio. Will challenge people of all ages and skill levels. Instructor: Lynn Irr

Aqua Bootcamp T,Th 5:15-6:00 PM

Get down to business with this all deep water class where several combinations of no impact exercises increase cardiovascular and muscular endurance, flexibility, and core strength. Instructor: Lynn Irr

Aqua Zumba - T,Th 4:15-5:00 PM

Integrating the Zumba philosophy with traditional aquatic fitness, Aqua Zumba is a workout that's cardio-conditioning, body-toning. Instructor: Jen Frakes