

Monday

Les Mills Body Pump
w/Lori
5:30a-6:15a

Ballet Barre
w/Kim
8a-8:45a

Les Mills Tone
w/Candy
9a-10a

PilatesFit
w/Candy
10:15a-11a

Silver Functional Fitness
w/Kim
11:10a-11:50a

Les Mills RPM Cycle
w/Virtual
4p-4:45p

Les Mills Body Step
w/Jenny
5p-6p

Yoga
w/Stacie
6:30p-7:30p



Tuesday

Les Mills Body Balance
w/Lori
5:30a-6:15a

Les Mills RPM Cycle
w/Virtual
6:30a-7:15a

Les Mills Body Pump
w/Virtual
8:45a-9:45a

Yoga
w/Candy
10:15a-11a

Move'n Groove
w/Terri
11:10a-11:50a

Spin & Sculpt
w/Terri
12p-12:45p

Rock Steady Boxing
w/Kristi
2p-3:30p

Les Mills Body Pump
w/Jenny
5p-6p



Wednesday

Les Mills Body Pump
w/Lori
5:30a-6:15a

Ballet Barre
w/Kim
8a-8:45a

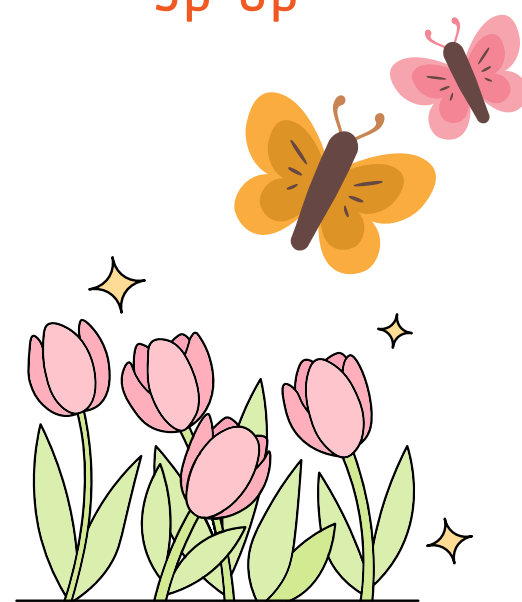
Les Mills Tone
w/Candy
9a-10a

PilatesFit
w/Candy
10:15a-11a

Silver Functional Fitness
w/Kim
11:10a-11:50a

Les Mills RPM Cycle
w/Virtual
4p-4:45p

Les Mills Body Step
w/Jenny
5p-6p



Thursday

Les Mills Body Balance
w/Lori
5:30a-6:15a

Les Mills RPM Cycle
w/Virtual
6:30a-7:15a

Les Mills Body Pump
w/Virtual
8:45a-9:45a

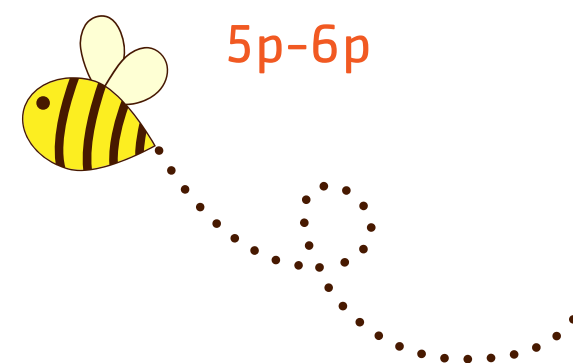
Yoga
w/Candy
10:15a-11a

Move'n Groove
w/Terri
11:10a-11:50a

Adaptive Fitness
w/Kim
12:45p-1:30p

Rock Steady Boxing
w/Kristi
2p-3:30p

Les Mills Body Pump
w/Jenny
5p-6p



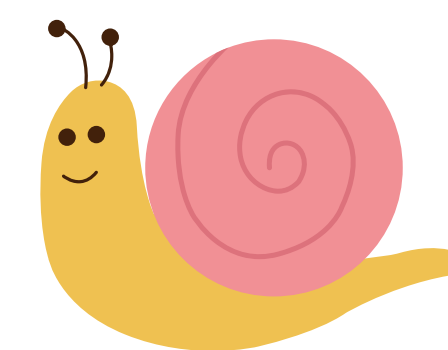
Friday

Les Mills Body Pump
w/Lori
5:30a-6:15a

Tone Strength
w/Candy
9a-9:45a

Restorative Yoga
w/Candy
10a-10:45a

Les Mills RPM Cycle
w/Virtual
11a-11:45a

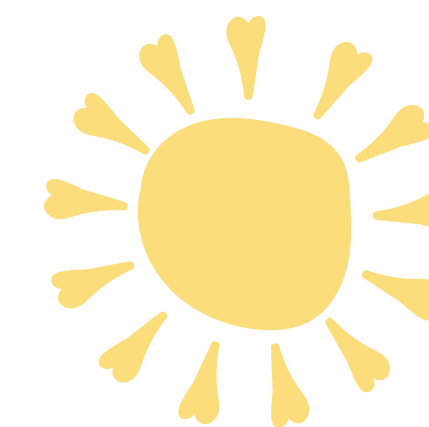


April



Saturday

Pump, Step, Balance
w/Jenny & Lori
8:15a-9:30a



may



Ottumwa Family YMCA Group Fitness Classes

Les Mills Body Pump- High intensity. The original Les Mills barbell class. Shape, tone, and strengthen your whole body in this addictive, calorie burning workout!

Les Mills Body Balance- Low intensity. Yoga, Tai Chi, & Pilates fusion that builds flexibility and strength while leaving you centered and calm!

Les Mills Body Step- High intensity. An active, high-workout utilizing stack-able platforms and fun energetic music!

Pump, Step, Balance- Starts with 30 minutes of Body Step, a high intensity routine involving stack-able platforms. Followed by 30 minutes of Body Pump, another high intensity workout with barbells. Then finishes with 15 minutes of Body Balance, a low intensity fusion of Yoga, Tai Chi, and Pilates to cool down!

Les Mills RPM Cycle-A low impact, indoor cycling workout set to music; virtual class!

Les Mills Tone- Medium intensity. An integrated class of low-impact aerobics, resistance training, stretching, and mobility that creates a great way to maintain a fit, healthy body.

Tone Strength-This full body strength and tone workout uses dumbbells and fitness bands to target all major muscle groups!

PilatesFIT- Medium intensity. Dive deep into classic Pilates to fire up your core and shape your muscles while exploring classic Pilates exercises and their variations!

Move'n Groove- Medium intensity. Athletics-based, choreographed exercises that create this body sculpting class. Work through blocks of moves while being motivated to reach your best!

Spin & Sculpt- 40 minutes alternating from, spin bike (cardio) to floor exercise (upper and lower body). You can burn and tone in one workout!

Rock Steady Boxing- This program is designed ONLY for individuals that have Parkinson's Disease. RSB helps people with PD by improving their quality of life!

Ballet Barre- Low intensity. A hybrid workout class combines ballet inspired moves with elements of Pilates, dance, yoga, and strength training!

Silver Functional Fitness- This class is designed for older adults who want to improve mobility, balance, range of motion, and strength. Seated and standing options are offered!

Yoga (w/ Stacie)-Beginning level; includes mudra, breath work, asana (poses), and Savasana with guided meditation!

Yoga (w/ Candy)- Low intensity. Bring a new level of flexibility to your week with yoga. Learn deep breathing techniques and stress reducing postures in a peaceful atmosphere!

Restorative Yoga- Gentle class to relax the body and mind. Sequences are all standing poses with seated options. This class is FREE to Y members, non members who are cancer survivors or in treatment!

Adaptive Fitness-This class is an approach to physical activity that is modified to meet the needs of individuals with disabilities or special needs!

LES MILLS

Group Fitness Classes are FULLY open and FREE to Members!

Questions, Suggestions or Comments?
Contact Candy Fisher, or Jenny Van Nest
Call 641-684-6571

