

FITNESS CLASS SCHEDULE

Summer Session June 14-August 8

HEALTH & WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	SPIN 5:45-6:30am		SPIN 5:45-6:30am	
STABILITY BALL 7:15-8am		COMBO 7:15-8am		SPIN 7:30-8:15am
AQUA GOLDEN 8-8:45am	AQUA GOLDEN 8-8:45am	AQUA GOLDEN 8-8:45am	AQUA GOLDEN 8-8:45am	
			CARDIO BLAST! 9-9:45am	
		SPIN 5:30-6:15pm	INSTRUCTOR CHOICE 5:15-6pm	
	H2O 6:15-7pm		H2O 6:15-7pm	

**MAQUOKETA AREA
FAMILY YMCA**

SCHEDULE SUBJECT TO CHANGE-DESCRIPTIONS AND PRICES ON BACK OF SHEET



Code:
10SU1

FITNESS CLASS DEFINITIONS

SPIN - sweat, sweat, SWEAT! Listen to music as we climb hills, mountains or speed race over the terrain. Make sure to bring a water bottle and towel. (HIGH INTENSITY)***45 minute class **MEMBERS \$15.00 NON-MEMBERS \$45.00**

ADVANCED SPIN-must have completed 1 year of spin class or instructor approval. (HIGH INTENSITY)***75 minutes **MEMBERS \$15.00 NON-MEMBERS \$45.00**

GET UP AND GO - It's time to start off your day with a little sweat! We use weights, resistance bands, stability balls, medicine balls - be ready to move to the music with different fitness equipment. (HIGH INTENSITY)*** 45 minutes **MEMBERS FREE NON-MEMBERS \$45.00= Mondays, Wednesdays or Fridays**

TBC - burn, burn, BURN! This high intensity, energizing cardio class maximizes strength, definition, endurance and power. (HIGH INTENSITY)*** 45 minutes **MEMBERS FREE NON-MEMBERS \$45.00 (Mondays or Wednesday)**

CORE - burn abs burn-get ready for intense abdominal moves (HIGH INTENSITY) *** 30 minutes **MEMBERS FREE NON-MEMBERS \$45.00 (MODAYS or WEDNESDAYS)**

SIZZLING TONE DANCE-put your body to work through dance, move to the music by working your legs, core and arms! (HIGH INTENSITY)*** 45 minutes **MEMBERS FREE NON-MEMBERS \$45.00**

WALK -N-TONE - walk in place while you kick, punch and use weights. (LOW TO MEDIUM INTENSITY)***45 minutes **MEMBERS FREE NON-MEMBERS \$45.00 (TUESDAYS OR THURSDAYS)**

GOLDEN COMBO - lets put our cardio and circuit equipment upstairs to good use. We will alternate cardio machines one week to weight lifting the following week. Instructor will mix intensity levels. (MEDIUM INTENSITY)***30 minutes **MEMBERS FREE NON-MEMBERS \$45.00**

GOLDEN WEIGHTS-lift, lift, lift, let us guide you while lifting in a circuit setting (MEDIUM/HIGH INTENSITY)**** 30 minutes **MEMBERS FREE NON-MEMBERS \$45.00**

YOGA-challenge yourself by learning different poses, breathing exercises, relaxation techniques and meditation. Mats are provided, however you may bring your own. (MEDIUM INTENSITY) *** 45 minutes **MEMBERS \$15.00 NON-MEMBERS \$45.00**

GOLDEN STABILITY-using the stability ball to engage those hard to reach muscles. (LOW/MEDIUM INTENSITY) **** 45 minutes **MEMBERS FREE NON-MEMBERS \$15.00**

AQUA GOLDEN - low impact water aerobics. Great for all ages. (LOW INTENSITY) ***** 45 minutes **MEMBERS \$4.00 NON-MEMBERS \$45.00 (MONDAYS, TUESDAYS, WEDNESDAYS OR THURSDAYS)**

H2O CHALLENGE - This water aerobic class incorporates resistance training with minimal impact. Good for all levels and ages. (LOW/MEDIUM INTENSITY) *****45minutes **MEMBERS \$4.00 NON-MEMBERS \$45.00 (TUESDAYS OR THURSDAYS)**

RUSTY HINGES-water class that will focus on range of motion movements to help improve flexibility and balance. (LOW INTENSITY)**** 30 minutes **MEMBERS FREE NON-MEMBERS \$45.00 (TUESDAYS OR THURSDAYS)**

WOMEN ON WEIGHTS-ideal for women who want to work out in a timed circuit setting, instructor present to answer questions. (HIGH INTENSITY)**** 45 minutes **MEMBERS FREE NON-MEMBERS \$45.00**

TRANQUILITY 2-in need of relaxation, try to learn through meditative physical exercise, **must have attended regularly our TRANQUILITY 1 CLASS TO REGISTER** (MEDIUM INTENSITY) ****45 minutes **MEMBERS FREE NON-MEMBERS \$45.00**

Y RUN CLUB-We run indoors or outdoors (depending on weather), like to run at your own pace, but feel more comfortable knowing that others are out running too, then this is the class for you. When weather cooperates, we run on sidewalks around the town of Maquoketa, depending on your pace, you could finish a 4+mile course. In this class, you run at your own pace, start and finish at the YMCA. **MEMBERS FREE NON-MEMBERS \$45.00 (MONDAYS, WEDNESDAYS or FRIDAYS) (YOUR OWN PACE) ****1 hour**