

# GET HEALTHY TOGETHER

MARSHALLTOWN YMCA-YWCA

## Group Exercise Schedule



eliminating racism  
empowering women  
**ywca**

Summer 2025: June 2 - August 31

Summer 3: August 11-August 31

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Weekend</u>
Warrior Workout M/W/F 5:10-6a.m.	Group Power T/Th 9-10a.m.	Warrior Workout M/W/F 5:10-6a.m.	Group Power T/Th 9-10a.m.	Warrior Workout M/W/F 5:10-6a.m.	Buti Yoga Sat 9-10a.m.
Cardio Pump Fusion M/W/F 6-6:45a.m.	Core T 10-10:15a.m.	Cardio Pump Fusion M/W/F 6-6:45a.m.	Yoga T/Th 9-9:45a.m.	Cardio Pump Fusion M/W/F 6-6:45a.m. F 9-10a.m.	
Cardio Mix M/W 8-8:45a.m.	Yoga T/Th 9-9:45a.m.	Cardio Mix M/W 8-8:45a.m.	Tai Chi/Qigong Th 10-10:30a.m.	Rock Steady Boxing M/W/F 9-10a.m.	
Pilates M 9-10a.m.	Yoga T/Th 5:30-6:30p.m.	Rock Steady Boxing M/W/F 9-10a.m.	Yoga	Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m.	
Rock Steady Boxing M/W/F 9-10a.m.		Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m. M/W 1-2p.m.			
Enhance®Fitness Endorsed by Silver & Fit ® M/W/F 10:15-11:15a.m. M/W 1-2p.m.		Group Power M/W 5:30-6:30p.m.			
Group Power M/W 5:30-6:30p.m.		Buti Yoga M/W 5:30-6:30p.m.			
Buti Yoga		Yoga en Español W 6:45-7:30p.m.			

Class participants are asked to  
sanitize all equipment used  
during classes with provided  
sanitizing spray and towels.

## CLASS DESCRIPTIONS - 2025 Summer Group Exercise

**BUTI YOGA** — An energetic yoga combining jump training, tribal dancing, and dynamic yoga asanas (postures). Buti Yoga is all about finding your own strength and flow in your life. Buti Yoga is not allowed to be livestreamed.

**CARDIO MIX** — For those that enjoy variety, choreography, and being challenged—this class uses a variety of exercise tools creatively to tone and define muscles of the upper and lower body in addition to a great cardiovascular workout.

**CARDIO PUMP FUSION** — A high energy class that creates a perfect balance of fitness movements fused together for a complete total body workout. You will leave this class feeling lifted and accomplished, eager for more.

**CORE** — Standing functional core training is combined with floor ab exercises to give you a vigorous core strengthening experience.

**ENHANCE®FITNESS Endorsed by Silver & Fit®**— EnhanceFitness is a proven program for senior fitness and arthritis management. Benefits of the program's low impact classes include increased strength, balance, flexibility, and reduction in arthritis symptoms. Enhance®Fitness livestream (those participating at home) requires participants to have their camera turned on during class.

**GROUP POWER** — Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

**PILATES**— Pilates is a gentle exercise form that focuses on body alignment and breathing. Enhance your control, stability, coordination, endurance, balance, strength, and flexibility.

**ROCK STEADY BOXING**— Rock Steady Boxing works by moving the body in all planes of motion while continually changing the exercises and modalities used throughout the workout. Class is available to those with Parkinson's Disease. Registration and medical clearance is required prior to first class.

**TAI CHI/QIGONG**— Tai Chi/Qigong is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

**YOGA** — Enjoy traditional yoga poses to enhance flexibility, range of motion, and muscle tone. You will leave feeling energized and ready for the rest of the day.

**YOGA EN ESPAÑOL**— Descubre los fundamentos del yoga en esta clase de ritmo lento, diseñada para mejorar la movilidad y fortalecer la conexión con tu cuerpo. A través de posturas básicas, exploraremos la alineación, la respiración y la conciencia corporal, permitiéndote desarrollar una práctica sólida y segura. Ideal para principiantes o para quienes desean profundizar en los principios esenciales del yoga. Esta

The schedule for the upcoming session will be released the Wednesday before the session begins.  
--Last Updated: August 7, 2025

### Health and Wellness

#### Class Guidelines

- No pre-registration for group exercise and classes are included free with memberships and day passes
- Each class is easily adjusted for individual comfort and ability level
- Youth ages 10-13 along with a parent/guardian may attend following a Parent/Child Orientation
- **The Marshalltown YMCA-YWCA reserves the right to change the schedule or cancel classes due to consistently low attendance**
- All classes will take place in the group exercise area on the second floor of the Home-Henry Center unless otherwise noted

#### Safety Guidelines

- All class participants will be asked to sanitize all equipment used during classes with provided sanitizing spray and towels.
- Yoga mats will be available for each yoga class. Provided mats will be sanitized by the user with the provided spray and towels. Yoga participants are **STRONGLY** encouraged to bring their own mats.
- Fitness on Demand Upstairs/Studio 2 is