

# GET HEALTHY TOGETHER

## Marshalltown YMCA-YWCA Group Exercise Schedule



eliminating racism  
empowering women  
**ywca**

Summer 2026: June 1 - Sept 6  
Summer 1: June 1 - July 5

### MONDAY

#### Warrior Workout

M/W/F 5:10-6am

#### Cardio Pump Fusion

M/W/F 6-6:45am

#### Cardio Mix

M/W 8-8:45am

#### Pilates

M/W 9-10am

#### Rock Steady Boxing

M/W/F 9-10am

#### Enhance®Fitness Endorsed by Silver and Fit ®

M/W/F 10:15-11:15am

M/W 1-2pm

#### Group Power

M/W 5:30-6:30pm

#### Buti Yoga

M/W 5:30-6:30pm

### TUESDAY

#### Group Power

T/Th 9-10am

#### Yoga

T/Th 9-9:45am

#### Core

T 10-10:15am

#### Yoga

T/Th 5:30-6:30pm

### WEDNESDAY

#### Warrior Workout

M/W/F 5:10-6am

#### Cardio Pump Fusion

M/W/F 6-6:45am

#### Cardio Mix

M/W 8-8:45am

#### Pilates

M/W 9-10am

#### Rock Steady Boxing

M/W/F 9-10am

#### Enhance®Fitness Endorsed by Silver and Fit ®

M/W/F 10:15-11:15am

M/W 1-2pm

#### Group Power

M/W 5:30-6:30pm

#### Buti Yoga

M/W 5:30-6:30pm

### THURSDAY

#### Group Power

T/Th 9-10am

#### Yoga

T/Th 9-9:45am

#### Tai Chi/Qigong

Th 10-10:30am

#### Yoga

T/Th 5:30-6:30pm

### FRIDAY

#### Warrior Workout

M/W/F 5:10-6am

#### Cardio Pump Fusion

M/W/F 6-6:45am

F 9-10am

#### Rock Steady Boxing

M/W/F 9-10am

#### Enhance®Fitness Endorsed by Silver and Fit ®

M/W/F 10:15-11:15am

### SATURDAY

#### Buti Yoga

Sat 9-10am

MARSHALLTOWN YMCA-YWCA

108 Washington Street, Marshalltown, IA 50158

P 641.752.8658 [www.ymca-ywca.org](http://www.ymca-ywca.org)

All Y members have access to virtual classes through the Y360 platform. Stop by the Y with questions or download the Y360 app today.

## CLASS DESCRIPTIONS - 2026 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.

**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 and Fit®** - EnhanceFitness is a proven program for senior fitness and arthritis management. Benefits of the program's lower impact classes include increased strength, balance, flexibility, and reduction in arthritis symptoms.

**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 your day.

**WARRIOR WORKOUT** - Get stronger, get results, and get ready to battle. Each class will throw a new challenge at you using weights, jump ropes, and much more. You won't want to miss!

## Health and Wellness Class Guidelines

- \*No pre-registration needed-- 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 on the 2<sup>nd</sup> floor of the Horne-Henry Center unless otherwise noted.

## Safety Guidelines

- \*Class participants will be asked to sanitize all equipment used during classes with provided sanitizing spray and towels.
- \*Yoga mats are available for use.
- \*Y360/Studio 2 is available outside of scheduled group exercise class time. Y360 Downstairs is available for those wanting to participate in virtual group exercise classes.