

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Bettendorf Family YMCA Summer Session June 14th-September 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Classes					
Cardio & Strength 5:15-6:15am Michelle D.	Cycling** 5:15-6:00am Sue	Cycling** 5:15-6:00am Sue	Cycling** 5:15-6:00am Sue	Cycling** 5:15-6:00am Sue	
Cycling** 6:15-7:00am Michelle D.	Adv Step & Strength 5:10-6:10am* Michelle D.	Cardio Express 5:15-5:40am Michelle D.	HEAT 5:10-6:10am Michelle D.	BodyAttack Express* 5:00-5:45am Michelle D.	
Cardio & Strength 9:00-10:00 am Heather	Cycling** 6:15-7:00am Sue	BodyPump* 5:45-6:45am* Michelle D.	Cycling** 6:15-7:00am Sue	BodyPump* 5:45-6:45am Michelle D.	
Cycling** 9:00-9:45am Marta	Stability Ball 7:00-7:30am Sue	Cycling** 6:15-7:00am Heather	Stability Ball 7:00-7:30am Sue	Cycling** 6:15-7:00am Amy	BodyPump* 8:15-9:15am Mary
BodyAttack* 9:00-9:55am GYM Stacia	Cycling** 8:30-9:15am Renee	Cycling** 9:00-9:45am Marta	Cycling** 8:30-9:15am Renee	Cycling** 9:00-9:45am Heather	BodyAttack* 9:30-10:25am Staff
BodyPump* 10:05-11:00am* Heather	MET 9:00-10:00 am Jayne	Cardio & Strength 9:00-10:00am Stacia	MET 9:00-10:00 am Jayne	BodyPump* 9:00-10:00am Stacia	Zumba 10:30-11:20am Michelle D.
BodyVive 10:00-10:55am GYM Stacia	Bootcamp 9:00-10:00am Brittany	BodyAttack* 9:00-9:55am GYM Heather	Yoga Basics 10:00-11:00am MPR Phyllis	Step Express 10:05-10:50am Renee H.	
Pilates 10:15-11:00am MPR Crystal	Step Express 10:05-10:50am Jayne	BodyPump* 10:05-11:00am* Stacia	BodyVive 10:00-10:55 am Jayne	Pilates 10:15-11:00 am MPR Heather	
SilverSneakers® 11:00-12:00am G. Gym Marli	Yoga Basics 10:00-11:00am MPR Phyllis	Pilates 10:15-11:00 am MPR Heather	Mommy Bootcamp 9:30-10:15am Amanda	SilverSneakers® 11:00-12:00am G. Gym Marli	
Zumba 11:10-12:10pm Morgan	Mommy Bootcamp 9:30-10:15am Amanda	Zumba 11:10-12:10pm Nikki	SilverSneakers® Yoga Stretch 11:15-12:00 MPR Phyllis	Zumba 11:10-12:10pm Mary	
	SilverSneakers® Yoga Stretch 11:15-12:00 MPR Phyllis	SilverSneakers® 11:00-12:00am G. Gym Marli			
Evening Classes					SUNDAY
Step Express 4:30-5:15pm Cathy	Zumba 4:15-5:10pm Nikki	Zumba 4:30-5:20pm Mary L.	Zumba 4:15-5:10pm Nikki	BodyPump* 4:30-5:25pm* Allison	BodyAttack Express* 12:00-12:45pm Allison
Cycling Basics 5:00-5:30 pm Mary Ann	BodyVive 5:15-6:15 pm Jayne	Cycling Basics 5:00-5:30 pm Mary Ann	BodyVive 5:15-6:15 pm Kara	Zumba Party! 5:30-6:30pm Morgan	BodyPump Express* 12:45-1:30pm Allison
Cycling** 5:40-6:30pm Mary Ann		Cycling** 5:40-6:30pm Mary Ann			
BodyPump* 5:30-6:35 pm* Michelle D.		BodyAttack* 5:30-6:25 pm Joelle		Child Watch Hours: Monday-Saturday 8am-Noon Monday-Thursday 4pm-8pm Friday 4:15-6:45pm **Requires registration & additional fee * RequiresCycling or Les Mills Punch card Bring towel and water to cycling classes	
Zumba 6:40-7:30pm Morgan		BodyPump* 6:35-7:25 pm* Joelle			
Yoga-Vinyasa Flow		Power Yoga			

5:25-6:30 pm MPR
Chris

5:15-6:30pm MPR
Michelle L.

updated 6/10/10

SPD Pedals available on all bikes

Bettendorf YMCA Group Exercise Class Descriptions

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! Les Mills punch card required for this class. Ages 18 and older.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Les Mills punch card required for this class. Ages 10 and older.

BODY VIVE™ is the low-impact, high energy fitness class designed to improve cardiovascular conditioning, upper and lower body strength, balance and core strength all at the intensity level you choose. Great music and fun choreography make this a class for all levels and all ages. No fee required for this class. Ages 10 and older.

NEW! Kids Beats and Little Beats is simply FUN! Every person was born with the ability to move and feel rhythm. Join us in this unique workout that will guide you through a program of drumming, movement and creative exploration that will not only thrill children, but the entire family as well. It is a powerful tool to integrate into all classrooms and fitness centers. Learn how to integrate the next generation of fitness with this Whole Body-Whole Mind workout extravaganza! **Little Beat's**-ages 3-6. **Kid's beat**-ages 7-12.

Cardio & Strength: An intense one hour class of mixed cardiovascular training combined with strength training. The format of this class will vary based on the instructor's choice. So if you are ready for a total workout, this is the one for you! Ages 12 and older.

MET: (Muscle Endurance Training) Increase your lean muscle by toning and shaping your muscles. Hand weights, bands, tubing and stability balls will be used in this class. Get fit and strong and strengthen your entire body. This class is appropriate for all levels. Ages 12 and older

Pilates: The mat class is a series of floor exercises designed to re-align and strengthen your body, concentrating on your abdominal muscles or core. This class incorporates breathing, strength, flexibility and proper alignment to achieve optimal results. Ages 12 and older.

Yoga Basics: Come learn the fundamentals of basic hatha yoga in this gentle but stimulating yoga class. You will learn the basics of various poses and the importance of breath. End class with a final restorative and relaxing pose. This class is appropriate for all levels. Ages 12 and older.

Yoga- Vinyasa Flow: Yoga flow incorporates basic hatha yoga moves in a flowing sequence. Learn to incorporate breath with your physical poses. Relax and de-stress your mind with the restorative poses. This class is appropriate for all levels. Ages 12 and older.

Power Yoga: Power Yoga is a strength and flexibility workout, emphasizing breath and focus while flowing through a series of postures. All students of yoga will find this class enlivening and a challenge for the mind as well as the body. Ages 12 and older.

Step Express! : 45 minutes of pure stepping pleasure. If you love a class with fun to follow choreography and great music, this is the one for you! Ages 12 and older.

Cardio Express: 30 minutes of cardio workout utilizing step and intervals to get your heart pumping and muscles warmed up. Ages 12 and older.

Silver Sneakers® MSROM offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. Stay healthy and active longer with this fun class! Ages 12 and older.

Silver Sneakers® Yoga Stretch come join us in a special yoga class in which you'll learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Increasing your muscular endurance will also improve muscle tone, and the restorative breathing exercise will help you relax physically and mentally. Ages 12 and older.

ZUMBA-Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun! Ages 12 and older.

Zumba Basics- 45 minutes of easy to follow basic Zumba dance moves. This class is perfect for those who are just learning Zumba or desire a less complex choreography. Ages 12 and older.

Zumba Party NEW! Come join the fun and dance your way to a great workout. This class is designed to challenge you and well as give you a great workout. This class will incorporate more advanced choreography and is appropriate for intermediate to advanced participants. Ages 12 and older.

Bootcamp: NEW! Do you like simple to follow exercises that give you a great workout? TRX Bootcamp is the class for you. TRX training utilizes a wall mounted strap system that allows a wide range of body weight exercises. Combined with athletic skills and drills plus additional upper and lower body strength moves, this class gives you a total body workout. Whether you have working out for a while or if you are new to exercise this class will fit all of your needs. Ages 12 and older.

HEAT: High Energy Aerobic Training. If you want to challenge yourself with a challenging cardiovascular workout, this one is for you! Come challenge yourself with this high energy workout. This class is designed for intermediate to advanced exercisers. Ages 12 and older.

Group Cycling: 45-60 minutes of endurance, sprints and hills set to music. Indoor cycling is a great way to not only get a great cardiovascular workout but strengthen and tone the lower body as well. All participants are encouraged to bring water and a towel to class. SPD pedals are available on all bikes. All new participants are encouraged to attend an introductory class or meet with instructor prior to starting session. Additional fee and registration required. Ages 16 and older.

Cycling Basics: 30 minutes of cycling instruction. Learn the basics of bike set up, what you need for a class and introduction to the ride itself. No fee for this class and no sign up needed. Ages 16 and older.

Stability Ball: 30 minutes of core training using the stability ball. Strengthen your abdominal and back muscles with this total core workout. This class is appropriate for all levels. Ages 12 and older.

Mommy Bootcamp NEW! Baby Boot Camp stroller-based fitness classes are designed specifically to help new moms get fit. Classes combine strength-training exercises with cardiovascular drills. Pilates, yoga and abdominal exercises help improve core strength. The stroller, resistance tubes (and even your child!) are used as an integral part of the workout. A variety of class formats will be used to meet your fitness needs, including indoor and outdoor classes. Please pick up an informational brochure at the welcome center for more details.