



ADULT FITNESS CLASSES

June 1-30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30							
6:00							
6:30			Interval Action (Brynn) STREAMING ONLY		Interval Action (Brynn) STREAMING ONLY		
7:00							
7:30							
8:00							
8:30		Pilates (Paula)	OUTDOOR BOOT CAMP (Betsy)	Pilates (Paula)	OUTDOOR BOOT CAMP (Betsy)	Pilates (Paula)	
9:00			(Starts 6/30)		(Starts 7/2)		KB CARDIO (Ryan)
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00		YOGA (Macy)	KB CARDIO (Ryan)	KB CARDIO (Ryan)	YOGA (Macy)		
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							

INTENSITY SCALE

LOW
 MEDIUM
 HIGH



JUNE 1-30

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FACILITY GUIDELINES

- ◆ Group exercise classes will be held in the gym to observe social distancing.
- ◆ Social distancing of 6 feet between members will be implemented and enforced.
- ◆ Members should bring their own water; bottle filling stations are available.
- ◆ Masks and hand sanitizer is available in the lobby.
- ◆ Building hours will be 5:30 a.m. to 6 p.m. Mon-Fri, Saturday 7 a.m. to noon.
- ◆ The Forest City Family YMCA uses Sanifect to clean and sanitize equipment before and after each use; sanitizing will take a Spray-Wipe-Spray approach as the germ fighting happens when the sanitizer remains wet for 10 minutes.
- ◆ Guidance from the Department of Health and CDC is always changing and we ask for your flexibility as guidelines, room capacity, etc may change quickly and without notice.



ADULT FITNESS CLASS OFFERINGS

GYM

YOGA (Macy Tzoylis) M TH 5:00-5:45 p.m.

Designed to teach basic yoga postures that enhance flexibility, strength and balance and promote relaxation. Creating a strong, streamlined body, leaving you feeling taller, leaner and with a strong sense of health and well-being.

JUNE FREE!



INTERVAL ACTION: (Brynn Daniels) T/Th 6:00 a.m.-7:00 a.m. STREAMING ONLY

Get a full-body workout with this strength and cardiovascular training class! This class is an exciting mix of step, cycling, hi/low aerobics, weights, bands, balls and much more! Reshape your body, burn calories and have a BLAST in the process.

KB CARDIO: (Ryan Fournier) Tue/Wed 5:00 p.m. & Sat 8:30 a.m.

Ryan will take you on an exercise adventure in conditioning. Kickboxing may be the goal but strength and endurance gives you the stamina to endure in the ring! Get up and get moving with Ryan!

JUNE FREE!



PILATES (Paula Wilson) M W F 8:15-9:00 a.m.

This series of movements promotes elongated and toned muscles and is well known for developing the core of the body. The low impact class improves strength, flexibility, balance and is good for all ages. Mats, balls, bands and rings are used to make this an exciting class.

OUTSIDE BOOT CAMP: (Betsy Marmaras) T/TH 8:00-9:00 a.m. (Starts June 30)

Are you looking for a new exercise experience? Try an outdoor boot camp! Taught in an interval style we will be using a variety of equipment in a fun and engaging way. Grass, track and even sand will be our platform for challenges using battle ropes, bleachers, sleds and agility ladders to add spice to your workout! **Starts June 30th!**



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