

Group Fitness Class Descriptions

Ageless Yoga: Ageless Yoga is a self-paced stretching class for participants who are looking to increase their muscular flexibility and joint range of motion. Pose modifications will be offered by the instructors. Class members may participate seated or standing. Ageless Yoga seeks to honor the aging body, yet help participants continue to explore appropriate exercise options building self-confidence. Participants of any age who seek a modified yoga class are encouraged to attend. After class tea and coffee will be available for participants who want to socialize with other class members.

Fitness Yoga: Fitness Yoga is a class that seeks to improve the mind/body connection for participants. The class is designed to improve joint flexibility, balance, muscular endurance and strength. Breathe awareness will be emphasized as participants are led through a flow of yoga poses. The deep stretching is a wonderful compliment to other cardiovascular training programs such as biking and running. Yoga mats, blocks, and blankets are provided. Participants should wear comfortable fitness clothing to the class. You may also like to bring water to the class.

Reformer Bar, Ring & Upper Body Blast: This class utilizes the latest fitness equipment to keep your workouts interesting. Participants will use reformer bars, rings, fitness balls, and dumbbells. Special emphasize will be placed on the core and upper body muscles. If you are looking for a new fitness challenge that will not leave you bored make sure to attend this class.

Strength Training: Strength Training is a class designed to improve muscular endurance and muscular strength. A new strength training routine will be introduced each month along with a new selection of music. Participants will use adjustable group barbells, dumbbells, bands, steps, and incline risers to perform a variety exercises. Strength Training is a class for all fitness levels. Individual participants determine the amount of resistance they use for each exercise. It is well known that strength training exercises help maintain and improve bone density. And don't forget muscle mass burns more calories than fat mass. Join our strength training instructors for this great workout. Each class will begin with a warm-up and finish with stretching.

Turbo Kick®: Turbo Kick® is the hottest fitness craze! It's an addictive workout that combines shadow boxing, kickboxing, sports drills and simple dance moves in a party atmosphere where losing weight is a side effect of having fun! The class format is specially crafted to strengthen and tone the entire body, reshaping every muscle with a special focus on the abs and waistline. Turbo Kick® is the ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations and a Tai-Chi like cool-down. All fitness levels are welcome in the class.

Water Exercise: Water exercise class seeks to improve flexibility and range of motion, as well as strengthen and tone muscles. The water promotes a feeling of weightlessness allowing participants to perform exercises without as much stress on their joints. The warmth of the water soothes the joints, reduces strain, and eases arthritis pain. It is a great cardiovascular, low impact workout, good for all ages. The class begins with a proper warm-up and concludes with a cool down. This is 45 minute class.

Group Fitness Instructor Team

Allie Wellhausen - Amanda Rosemeyer - Bethann McCalla - Brenda Samuelson
Erica Henke - Leona Rubin - Ruth Regehr - Sara Bridie - Travis Hunter

Group Fitness Class Coordinator: Sara Bridie

Sara's Contact Information: cell phone (712) 542-7912 or jandsbridie@mchsi.com
Please contact Sara regarding any questions about the group fitness class program.

Group Fitness Class Schedule – Free Fitness Classes March 22nd – 27th Clarinda Lied Center – Clarinda Regional Health Center – Iowa Western Community College

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m. – 7:00 a.m.	Strength Training Allie	Strength Training Travis		Strength Training Travis	Strength Training Sara	
8:00 a.m. – 9:00 a.m.	Water Exercise Leona 45 minutes	Water Exercise Ruth 45 minutes	Water Exercise Leona 45 minutes	Water Exercise Ruth 45 minutes	Water Exercise Leona 45 minutes	*Strength Training 3/27 & 4/10 & 4/24 * Turbo Kick@ 4/3 & 4/17
8:45 a.m. – 9:45 a.m.	Turbo Kick@ Erica				Reformer Bar, Ring & Upper Body Blast Amanda	
9:30 a.m. – 10:30 a.m.						*Fitness Yoga 4/3 & 4/17
10:00 a.m. – 11:00 a.m.		Strength Training Brenda	Ageless Yoga 10:00 – 10:50 a.m. Sara Stay for tea or coffee after class.	Strength Training Brenda	Ageless Yoga 10:00 – 10:50 a.m. Leona Stay for tea or coffee after class.	
4:45 p.m. – 5:45 p.m.		Reformer Bar, Ring & Upper Body Blast Erica		Reformer Bar, Ring & Upper Body Blast Amanda		
5:30 p.m. – 6:30 p.m.	Strength Training Sara		Strength Training Allie			
5:15 p.m. – 6:15 p.m.				Turbo Kick@ Erica		
6:30 p.m. – 7:30 p.m.		Fitness Yoga Sara		Fitness Yoga Sara		
7:30 p.m. – 8:30 p.m.	Turbo Kick@ Bethann					
8:00 p.m. – 9:00 p.m.			Turbo Kick@ Bethann			

* The Saturday fitness class offerings will rotate class format and instructor each week. Please read the class dates listed.*