



# Get In and Get Fit

## OPEN HOUSE

### Tuesday, September 10 and Wednesday, September 11, 2019

During these two days, all fitness classes are free!

If you have never been to the YWCA or are not currently a member, we invite you to come tour our fitness facility and try any and all of our adult fitness classes, swim or work out.

**You are invited:** If it is your first visit and you want to come on a different day or try a different class such as Zumba or Belly Dancing, contact our HWS Director for a free pass.

#### Schedule of Tuesday Classes

6:30am ..... Water Aerobics  
 8:00am..... Water Aerobics  
 8:45am..... Water Aerobics  
 10:30am ....Back to Basics  
                   Circuit Training  
 10:30am..... Water Aerobics  
 4:45pm ..... Core & More  
 4:45pm ..... Water Aerobics

#### Schedule of Wednesday Classes

6:30am ..... Sunrise Sets and Reps  
 8:45am ..... Water Aerobics  
 10:30am .... Arthritis Exercise  
 10:30am .. Silver Sneakers  
 12:05pm .... 3000 X  
 4:45pm ..... Energy Splash  
 5:00pm ..... Yoga

*Try something new!*

classes with great instructors who will help you with proper technique and infuse your workout with variety

#### **Sunrise Sets and Reps**

Start your morning off the right way. Meets M, W, F  
 6:30-7:15am

Iyengar Yoga  
 and Meditation  
 meets Mondays and  
 Wednesdays,  
 5:00 - 6:00pm

#### **ZUMBA**

A high-energy class  
 featuring Latin rhythms.  
 Meets Saturday mornings,  
 9:00-9:45am

*a special offer - only available*

**September 3 - 14**

Purchase a first-time adult membership (\$35/yr.)  
 and receive **three months of unlimited visits,**  
**September/October/November, for only \$45.00.**  
*(includes most classes)*

### What does the YWCA offer you?

- free Body Shop 101 – learn to safely and correctly use the cardiovascular and weight equipment in the Body Shop, tour the facility and get answers to your fitness and health questions
- Know Your Numbers - a free health and fitness assessment program that will help you set goals and track your progress

**eliminating racism  
 empowering women**

**ywca**

**Black Hawk County**

- a pool kept at approximately 88 degrees – Buoyancy and resistance, along with warmer water temperatures, make aquatic exercise a great choice, especially if you have issues with your knees, back or feet.
- a friendly, inclusive and supportive environment where everyone is appreciated and accepted for where they are in their lives