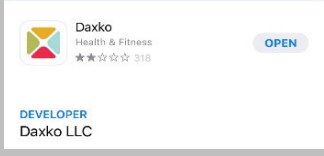


# YWCA Clinton Fitness Class Schedule - January 2025

Class descriptions available in YWCA brochure or online at [YWCAClinton.org](http://YWCAClinton.org).



Download the Daxko Mobile App to stay informed on schedules and updates!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>**MPR Open for Member Use 5:00-6:00a</b>	<b>Intervals 5:00-6:00 am (MPR)</b>	<b>**MPR Open for Member Use 5:00-6:00a</b>	<b>Intervals 5:00-6:00 am (MPR)</b>	<b>**MPR Open for Member Use 5:00-6:00a</b>	
<b>Morning Lifting Crew 5:00-6:00 am (FC)</b>		<b>Let's Lift! 5:00-6:00 am (FC)</b>		<b>Morning Lifting Crew 5:00-6:00 am (FC)</b>	
<b>AM Jump Start 6:00-6:50 am (MPR)</b>	<b>Core Control 45 6:00-6:45 am (MPR)</b>	<b>AM Jump Start 6:00-6:50 am (MPR)</b>	<b>Core Control 45 6:00-6:45 am (MPR)</b>	<b>AM Jump Start 6:00-6:50 am (MPR)</b>	
<b>**MPR Open for Member Use 6:50-8:00a</b>	<b>**MPR Open for Member Use 6:50-8:00a</b>	<b>**MPR Open for Member Use 6:50-8:00a</b>	<b>**MPR Open for Member Use 6:50-8:00a</b>	<b>**MPR Open for Member Use 6:50-8:00a</b>	<b>Morning Lifting Crew 7:00-7:45 am (FC)</b>
<b>Jolly Joints 7:00-7:45 am (P)</b>	<b>Jolly Joints 7:00-7:45 am (P)</b>	<b>Jolly Joints 7:00-7:45 am (P)</b>	<b>Jolly Joints 7:00-7:45 am (P)</b>	<b>Jolly Joints 7:00-7:45 am (P)</b>	<b>**MPR Open for Member Use 7:00-12:00p</b>
<b>Sunrise Splash 7:00-7:45 am (P)</b>		<b>Sunrise Splash 7:00-7:45 am (P)</b>		<b>Sunrise Splash 7:00-7:45 am (P)</b>	
<b>To What End? 8:00-8:45 am (P)</b>	<b>Hydromania 8:00-8:45 am (P)</b>	<b>To What End? 8:00-8:45 am (P)</b>	<b>Hydromania 8:00-8:45 am (P)</b>	<b>To What End? 8:00-8:45 am (P)</b>	<b>Hydromania 8:00-8:45 am (P)</b>
	<b>Circuit Training 8:00-8:45 am (FC)</b>		<b>Circuit Training 8:00-8:45 am (FC)</b>		
<b>Strong and Sculpted 60 8:15-9:15 am (MPR)</b>	<b>Fitness-on-Demand Cycling 8:00-8:45 am (MPR)</b>	<b>Strong and Sculpted 60 8:15-9:15 am (MPR)</b>	<b>Fitness-on-Demand Cycling 8:00-8:45 am (MPR)</b>	<b>Strong and Sculpted 60 8:15-9:15 am (MPR)</b>	
<b>Wave Makers 8:50-9:35 am (P)</b>		<b>Wave Makers 8:50-9:35 am (P)</b>		<b>Wave Makers 8:50-9:35 am (P)</b>	<b>Water Shuffle 8:45-9:15 am (P)</b>
<b>Core Control 30 9:15-9:45 am (MPR)</b>	<b>No Fall Balance 9:00-9:45 am (MPR)</b>	<b>Core Control 30 9:15-9:45 am (MPR)</b>	<b>SilverSneakers® Stability 9:00-9:45 am (MPR)</b>	<b>Core Control 30 9:15-9:45 am (MPR)</b>	
<b>Stretch Fitness 10:00-10:45 am (MPR)</b>	<b>Total Training* 10:00-11:00 pm (MPR)</b>	<b>Yoga-Vinyasa 10:00-11:05 am (MPR)</b>	<b>Stretch Fitness 10:00-10:45 am (MPR)</b>	<b>Yoga-Vinyasa 10:00-11:05 am (MPR)</b>	
<b>Cardio Circuit 11:15-12:00 pm (MPR)</b>	<b>SilverSneakers® Classic 11:00-11:45 am (MPR)</b>	<b>Cardio Circuit 11:15-12:00 pm (MPR)</b>	<b>SilverSneakers® Classic 11:00-11:45 am (MPR)</b>	<b>Cardio Circuit 11:15-12:00 pm (MPR)</b>	<b>**If no birthday party is scheduled, MPR Open for Member Use 12:00-5:00p</b>
<b>W.O.W. 12:00-12:45 pm (FC)</b>	<b>Chair Yoga for Arthritis 12:00-1:00 pm (MPR)</b>	<b>W.O.W. 12:00-12:45 pm (FC)</b>	<b>Chair Yoga for Arthritis 12:00-1:00 pm (MPR)</b>		<b>**If no birthday party is scheduled, MPR Open for Member Use <u>Sunday</u>, 11:00a-3:00p</b>
<b>Chair Yoga 12:15-1:00 pm (MPR)</b>		<b>Chair Yoga 12:15-1:00 pm (MPR)</b>		<b>**MPR Open for Member Use 12:00-9:00p</b>	<b>*Part of Above + Beyond Cancer Program</b>
<b>Joint Flexibility 1:00-1:45 pm (P)</b>	<b>**MPR Open for Member Use 1:00p-5:30p</b>	<b>Joint Flexibility 1:00-1:45 pm (P)</b>	<b>**MPR Open for Member Use 1:00p-5:30p</b>	<b>Joint Flexibility 1:00-1:45 pm (P)</b>	
<b>Tai Chi Walk 1:05-1:35 pm (MPR)</b>		<b>Tai Chi Walk 1:05-1:35 pm (MPR)</b>			
<b>**MPR Open for Member Use 1:35-5:00p</b>		<b>**MPR Open for Member Use 1:35-9:00p</b>			
<b>Zumba® 5:00-5:45 pm (MPR)</b>					
<b>Weightless in the Water 5:15-6:00 pm (P)</b>	<b>Pump Up The Beat! 5:30-6:30 pm (MPR)</b>	<b>Weightless in the Water 5:15-6:00 pm (P)</b>	<b>STRONG Nation® /Circl Mobility® 5:30-6:30 pm (MPR)</b>	<b>Weightless in the Water 5:15-6:00 pm (P)</b>	
<b>Off the Deep End 5:15-6:00 pm (P)</b>		<b>Off the Deep End 5:15-6:00 pm (P)</b>		<b>Off the Deep End 5:15-6:00 pm (P)</b>	
<b>Yoga-Vinyasa 6:00-7:05 pm (MPR)</b>					
<b>**MPR Open for Member Use 7:05-9:00p</b>	<b>**MPR Open for Member Use 6:30-9:00p</b>		<b>**MPR Open for Member Use 6:30-9:00p</b>		

If you would like to receive phone call or text alerts, please stop by the Front Desk and fill out a Class Alert Sheet.



YWCA Clinton Health & Wellness

eliminating racism  
empowering women  
**ywca**

Fitness-On-Demand Virtual Classes are available in the MPR. Come in and pick any of 750+ classes during MPR Open times listed.

# JOIN NOW

# \$100 OFF



- **\$100 Off any Full Access Annual Membership:** Whether you pay in full or choose our convenient EFT draft monthly option, you'll save \$100 on your membership.
- **Free Personalized Fitness Plan:** When you complete your orientation, you will receive a customized plan that helps you reach your goals safely and effectively.
- **Just the Joiner's Fee:** Pay ONLY the \$30 joiner's fee when you join in January.

## WHY THE Y?



- **Accountability:** Stay motivated with regular check-ins.
- **Support:** Our team is dedicated to helping you every step of the way.
- **Community:** Join a group of like-minded individuals committed to bettering their health and fitness.

**GIVE US A TRY WITHOUT THE COMMITMENT!  
STOP BY THE FRONT DESK FOR A FREE DAY PASS.**

317 7th Ave S  
Clinton, IA 52732  
563-242-2110x300  
[www.ywcaclinton.org](http://www.ywcaclinton.org)  
eliminating racism  
empowering women  
**ywca**

