



Winter 2018 Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning	Boot Camp (6 weeks) Mon., Tues. & Thurs. 5:30-6:30am Dec 4 - Jan 11 Jan 14 - Feb 22 Members: \$38.50 Community \$57.75 Registration required.	Boot Camp (6 weeks) Mon., Tues. & Thurs. 5:30-6:30am Dec 4 - Jan 11 Jan 14 - Feb 22 Members: \$38.50 Community \$57.75 Registration required.		Boot Camp (6 weeks) Mon., Tues. & Thurs. 5:30-6:30am Dec 4 - Jan 11 Jan 14 - Feb 22 Members: \$38.50 Community \$57.75 Registration required.		
		Turbo Fusion 5:30-6:15am Fitness Studio		Turbo Fusion 5:30-6:15am Fitness Studio		
	Twisted Group Cycling 5:30-6:15am Cycling Room	TRX & Medicine Ball 5:30-6:15am TRX Room Jan 23 - April 10	Twisted Group Cycling 5:30-6:15am Cycling Room	Kettlebell 5:30-6:15am Gym Jan 18 - April 12	Twisted Group Cycling 5:30-6:15am Cycling Room	
	Pilates 9:00-9:45am Fitness Studio Starts November 13	Turbo Fusion 9:00-10:00am Fitness Studio	Pilates 9:00-9:45am Fitness Studio Starts November 13	Turbo Fusion 9:00-10:00am Fitness Studio		
	Aqua Groove 9:15-10:00am Indoor Pool Jan 17 - March 28		Aqua Groove 9:15-10:00am Indoor Pool Jan 17 - March 28			Zumba® Basics Strong by Zumba® 9:00-10:00am Fitness Annex Members: \$1.00
		Yoga Express 10:00-10:30am Fitness Studio		Yoga Express 10:00-10:30am Fitness Studio		
afternoon		Chair Yoga 10:45-11:15am Fitness Studio		Chair Yoga 10:45-11:15am Fitness Studio		
	Body Sculpting 12:00-12:30pm Fitness Annex Oct - Nov		Body Sculpting 12:00-12:30pm Fitness Annex Oct - Nov			
	Pilates 4:45-5:30pm Fitness Studio	Body Sculpting 5:00-5:45pm Fitness Annex	Pilates 4:45-5:30pm Fitness Studio	Body Sculpting 5:00-5:45pm Fitness Annex		
	Hatha Yoga 5:30-6:30pm Fitness Studio	Aqua Interval 6:00-6:45pm Indoor Pool December & February	Hatha Yoga 5:30-6:30pm Fitness Studio	Aqua Interval 6:00-6:45pm Indoor Pool December & February		
evening	Zumba® Basics Strong by Zumba® 5:30-6:30pm Fitness Annex	Deep Water Boot Camp 6:00-6:45pm Indoor Pool Nov, Jan & March	Zumba® Basics Strong by Zumba® 5:30-6:30pm Fitness Annex	Deep Water Boot Camp 6:00-6:45pm Indoor Pool Nov, Jan & March		
	HIIT 6:45-7:30pm Fitness Annex		Group Cycling 5:30-6:15pm Cycling Room Nov 1 - Mar 28	HIIT 6:45-7:30pm Fitness Annex		

The Le Mars YMCA is a not-for-profit, cause-driven charitable organization.



Winter 2018 Class Descriptions

Class Description	Location	Instructor	Fee
Morning Boot Camp (3) - Boot Camp is a six week program with an intense mix of strength training and aerobic elements. The goal of boot camp is to provide a whole-body workout that builds strength and endurance. This class is ideal for fit individuals that are looking for a more intense workout. Registration required.	YMCA	Scott Kommes	6 week class: Members: \$38.50 Community: \$57.75
TRX and Medicine Ball Small Group Training (2-3) - Get two great exercises in one with our Medicine Ball & TRX combo class. This small group training class will help you build strength, balance and core stability.	TRX Suspension Training Room	Joyce Feuerhelm	Members: FREE Community: \$4/day
HIIT (3) - Like no other cardio workout HIIT alternates moderate intensity intervals with high intensity intervals for a power-packed total body circuit workout. Join our certified instructor for a fun and effective workout. What a rush!	Fitness Annex	Nikki Sluiter	Members: FREE Community: \$4/day
Hatha Yoga (2-3) - Relieve stress and build strength by incorporating the mind, body and spirit into your workout. This Yoga class helps improve flexibility, muscular strength, posture and alignment through Yoga poses, breathing and relaxation.	Fitness Studio	Mary Konopasek	Members: FREE Community: \$4/day
Yoga Express (2-3) - Focus on 30 minutes of Yoga poses to improve flexibility, muscular strength, posture and alignment.	Fitness Studio	Mary Konopasek	Members: FREE Community: \$4/day
Turbo Fusion (2-3) - Advance to the next level and practice many of the most challenging Pilates and Yoga poses during our Turbo Fusion class.	Fitness Studio	Mary Konopasek Suzie Plathe	Members: FREE Community: \$4/day
Chair Yoga (1) - For those who can't get on the floor to do a traditional mat yoga class, chair yoga offers wonderful health benefits by modifying yoga poses so that they can be done while seated in a chair.	Fitness Studio	Mary Konopasek	Members: FREE Community: \$4/day Prime Time: \$2/day
Pilates (2) - This total body conditioning class promotes elongated and toned muscles and is well known for developing the core.	Fitness Studio	Mary Konopasek Paula Kommes	Members: FREE Community: \$4/day
Barre Connect (2) - Discover the benefits of connecting ballet & dance technique, yoga postures, functional strength exercises and cardiovascular training to create a fun total body workout. Registration required.	Fitness Annex	Mary Konopasek Ann Harms	6 week class: Members: \$12.00 Community: \$24.00
Kettlebell (2-3) - Kettlebell promises to deliver a high-intensity workout and is ideal for anyone who wants to burn calories and build strength.	Gym	Joyce Feuerhelm	Members: FREE Community: \$4/day
Group Cycling (1-3) - Our group cycling classes feel like a road bike experience. We'll climb hills, race down flat roads and not worry about the weather. This class is geared to both novice and veteran exercisers alike because you set your own pace.	Cycling Room	Al Pottebaum	Members: FREE Community: \$4/day
Twisted Group Cycling (2-3) - Similar to the Group Cycling class but with a twist. This cycling class combines cardio with strength by including abs, lunges, planks and more. This high energy class will get your heart pumping and the calories burning.	Cycling Room	Al Pottebaum Tonya Harpenau	Members: FREE Community: \$4/day
Zumba® Basics (2-3) - Zumba® is a mixture of body sculpting movements with easy to follow dance steps for a dynamic and effective workout.	Fitness Annex	Lori Hayungs Patty Hill	Members: FREE Community: \$4/day
Strong by Zumba® (2-3) - Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synched to original music that has been specifically designed to match every single move.	Fitness Annex	Lori Hayungs	Members: FREE Community: \$4/day
Body Sculpting (2-3) - Full body workout using integrated strength exercises. Participants use body bars, dumbbells and resistance bands.	Fitness Annex	Angela Loutsch Jeanette Kinney	Members: FREE Community: \$4/day
Aqua Groove (1-2) - Dance your morning away and groove to classic tunes from the 1960's and 70's. Use the water's resistance to strengthen without the impact.	Indoor Pool	Angela Loutsch	Members: FREE Community: \$4/day Prime Time: \$2/day
Aqua Interval (2-3) - Join Aqua Interval for a fun and motivating class that will help you get moving. Majority of the class takes place in the flow channel moving both with and against the current to create different intensity levels.	Indoor Pool	Angela Loutsch	Members: FREE Community: \$4/day
Deep Water Boot Camp (2) - Experience a moderate intensity, low impact workout focused on challenging your cardiovascular system, core strength and endurance.	Indoor Pool	Emily Palsma	Members: FREE Community: \$4/day

(1) low intensity (2) moderate intensity (3) high intensity (1-3) all fitness levels

Revised 1.2.18

All fitness classes, except Aqua Zumba, Boot Camp, and Barre Connect are on a drop-in basis. Many of our classes are FREE for Members, with any membership type, and offered to the community for \$4/day, check the class description for details. Anyone 16 years old or older may participate in group fitness. Class schedule is subject to change. If there are less than 2 participants, a class may be cancelled.