



# Fall 2018 Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
morning	<b>Boot Camp (6 weeks)</b> Mon., Tues. & Thurs. 5:30-6:30am <b>Sept 10 - Oct 18</b> <b>Oct 22 - Nov 29</b> Members: \$18.00 Community \$45.00 Registration required.	<b>Boot Camp (6 weeks)</b> Mon., Tues. & Thurs. 5:30-6:30am <b>Sept 10 - Oct 18</b> <b>Oct 22 - Nov 29</b> Members: \$18.00 Community \$45.00 Registration required.		<b>Boot Camp (6 weeks)</b> Mon., Tues. & Thurs. 5:30-6:30am <b>Sept 10 - Oct 18</b> <b>Oct 22 - Nov 29</b> Members: \$18.00 Community \$45.00 Registration required.			
		<b>Turbo Fusion</b> 5:30-6:15am Fitness Studio		<b>Turbo Fusion</b> 5:30-6:15am Fitness Studio			
	<b>Twisted Group Cycling</b> 5:30-6:15am Cycling Room Starts Oct 1	<b>TRX &amp; Medicine Ball</b> 5:45-6:30am TRX Room Starts Oct 2	<b>Twisted Group Cycling</b> 5:30-6:15am Cycling Room Starts Oct 1	<b>Kettlebell</b> 5:45-6:30am Gym Starts Oct 4	<b>Twisted Group Cycling</b> 5:30-6:15am Cycling Room Starts Oct 1		
	<b>Pilates</b> 9:00-9:45am Fitness Studio		<b>Pilates</b> 9:00-9:45am Fitness Studio				
	<b>Aqua Groove</b> 9:00-9:45am Indoor Pool Oct 22 - Dec 5 Jan 7 - April 3		<b>Aqua Groove</b> 9:00-9:45am Indoor Pool Oct 22 - Dec 5 Jan 7 - April 3				<b>Zumba® Basics or Strong</b> 9:00-10:00am Fitness Annex
afternoon	<b>Enhance Fitness</b> 10:30-11:30am Oct 1 - Jan 18 Registration required.		<b>Enhance Fitness</b> 10:30-11:30am Oct 1 - Jan 18 Registration required.		<b>Enhance Fitness</b> 10:30-11:30am Oct 1 - Jan 18 Registration required.		
	<b>Body Sculpting</b> 12:15-12:45pm Fitness Annex		<b>Body Sculpting</b> 12:15-12:45pm Fitness Annex				
	<b>Enhance Fitness</b> 1:00-2:00pm Oct 1 - Jan 18 Registration required.		<b>Enhance Fitness</b> 1:00-2:00pm Oct 1 - Jan 18 Registration required.		<b>Enhance Fitness</b> 1:00-2:00pm Oct 1 - Jan 18 Registration required.		
	<b>Pilates</b> 4:45-5:30pm Fitness Studio	<b>Body Sculpting</b> 5:00-5:45pm Fitness Annex	<b>Pilates</b> 4:45-5:30pm Fitness Studio	<b>Body Sculpting</b> 5:00-5:45pm Fitness Annex			
	<b>Hatha Yoga</b> 5:30-6:30pm Fitness Studio		<b>Hatha Yoga</b> 5:30-6:30pm Fitness Studio				
evening	<b>Group Cycling</b> 5:30-6:15pm Cycling Room Starts Nov 1		<b>Aqua Fit</b> 5:00-5:45pm Indoor Pool Oct 17 - April 17				
	<b>Zumba® Basics or Strong</b> 5:30-6:30pm Fitness Annex		<b>Zumba® Basics or Strong</b> 5:30-6:30pm Fitness Annex				
	<b>HIIT</b> 6:45-7:30pm Fitness Annex	<b>Deep Water Boot Camp</b> 6:00-6:45pm Indoor Pool Nov 1 - April 17	<b>Group Cycling</b> 5:30-6:15pm Cycling Room Starts Nov 1	<b>Aqua Interval</b> 6:00-6:45pm Indoor Pool Nov 1 - April 17			

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



# Fall 2018

## Class Descriptions

Class Description	Location	Instructor	Fee
<b>Morning Boot Camp (3)</b> - 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	<b>6 week class:</b> Members: \$18.00 Community: \$45.00
<b>TRX and Medicine Ball Small Group Training (2-3)</b> - 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
<b>HIIT (3)</b> - 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
<b>Hatha Yoga (2-3)</b> - 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
<b>Turbo Fusion (2-3)</b> - Advance to the next level and practice many of the most challenging Pilates and Yoga poses during our Turbo Fusion class.	Fitness Studio	Suzie Plathe	Members: FREE Community: \$4/day
<b>Pilates (2)</b> - 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
<b>Kettlebell (2-3)</b> - 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
<b>Group Cycling (1-3)</b> - 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
<b>Twisted Group Cycling (2-3)</b> - 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
<b>Zumba® Basics (2-3)</b> - 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
<b>Strong (2-3)</b> - Get STRONG with this high intensity interval training (HIIT) fitness class. Experience a new way to workout that combines body weight, muscle conditioning, cardio and plyometric training specifically choreographed to the beat of awesome music. Be motivated and challenged by the music to get the most out of this one-hour, high calorie burning class.	Fitness Annex	Lori Hayungs	Members: FREE Community: \$4/day
<b>Body Sculpting (2-3)</b> - 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
<b>Aqua Groove (1-2)</b> - 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
<b>Aqua Interval (2-3)</b> - 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	Elizabeth Anderson	Members: FREE Community: \$4/day
<b>Deep Water Boot Camp (2)</b> - 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
<b>Aqua Fit (2)</b> - Grab a pool noodle or dumbbells and get ready to increase your strength, cardiovascular endurance and balance. This moderate intensity class will take place in the 3.5 foot area of the pool. Aqua Fit includes many directional changes, perfect to increase your body's ability to react and prevent falls.	Indoor Pool	Gayle Hearne	Members: FREE Community: \$4/day
<b>Enhance Fitness (1)</b> - Geared toward adults 50+ of all fitness levels. You will feel energized—physically, mentally, socially - and be surrounded by people who care about your success. Registration required.	Gym	Angela Loutsch Joyce Feuerhelm	<b>16 week class:</b> No fee to participants.

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

Revised 10.1.18

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.