



# Summer 2019 Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mix It Up!</b> <b>Joyce's Circuit Class</b> 5:45-6:30am TRX Room or Gym June 3 - Sept 30 Members: Free Community: \$4/day	<b>Yoga-Pilates Sculpt</b> 5:30-6:15am Fitness Studio Members: Free Community: \$4/day		<b>Yoga-Pilates Sculpt</b> 5:30-6:15am Fitness Studio Members: Free Community: \$4/day	<b>Hatha Yoga</b> 6:00-6:45am Fitness Studio June 7 - August 30 Members: Free Community: \$4/day	
	<b>Morning Mixer</b> <b>Water Fitness</b> 8:00-8:45am Outdoor Pool June 4 - August 29 Members: Free Community: \$4/day		<b>Morning Mixer</b> <b>Water Fitness</b> 8:00-8:45am Outdoor Pool June 4 - August 29 Members: Free Community: \$4/day		
<b>Enhance Fitness</b> 10:30-11:30pm Sept 4 - Dec 20 Registration required. Session Fee: Members: \$24 Community: \$48		<b>Enhance Fitness</b> 10:30-11:30pm Sept 4 - Dec 20 Registration required. Session Fee: Members: \$24 Community: \$48		<b>Enhance Fitness</b> 10:30-11:30pm Sept 4 - Dec 20 Registration required. Session Fee: Members: \$24 Community: \$48	
					<b>Zumba® Basics</b> <b>or Strong</b> 9:00-10:00am Fitness Annex Members: Free Community: \$4/day
<b>Body Sculpting</b> 12:15-12:45pm Fitness Annex Members: Free Community: \$4/day		<b>Body Sculpting</b> 12:15-12:45pm Fitness Annex Members: Free Community: \$4/day			
	<b>Body Sculpting</b> 5:00-5:45pm Fitness Annex Members: Free Community: \$4/day		<b>Body Sculpting</b> 5:00-5:45pm Fitness Annex Members: Free Community: \$4/day		
<b>Zumba® Basics</b> <b>or Strong</b> 5:30-6:30pm Fitness Annex Members: Free Community: \$4/day	<b>Deep Water</b> <b>Boot Camp</b> 5:30-6:15pm Outdoor Pool June 4 - August 29 Members: Free Community: \$4/day	<b>Zumba® Basics</b> <b>or Strong</b> 5:30-6:30pm Fitness Annex Members: Free Community: \$4/day	<b>Deep Water</b> <b>Boot Camp</b> 5:30-6:15pm Outdoor Pool June 4 - August 29 Members: Free Community: \$4/day		

All fitness classes, except Enhance Fitness, 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.



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



# Summer 2019 Class Descriptions

Class Description	Location	Instructor	Fee
<b>Yoga-Pilates Sculpt</b> (2-3) - Advance to the next level and practice many of the most challenging Pilates and Yoga poses during our Yoga-Pilates Sculpt class.	Fitness Studio	Suzie Plathe	Members: FREE Community: \$4/day
<b>Hatha Yoga</b> (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
<b>Zumba® Basics</b> (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
<b>Strong</b> (2-3) - 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</b> (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
<b>Deep Water Boot Camp</b> (2) - Experience a moderate intensity, low impact workout focused on challenging your cardiovascular system, core strength and endurance.	Outdoor Pool	Emily Palsma, Liz Anderson & Angela Loutsch	Members: FREE Community: \$4/day
<b>Morning Mixer Water Fitness</b> (2) - Start your morning right with our Morning Mixer Water Fitness class. You can expect something different every day as this class offers a little of everything. Challenge your balance and your cardiovascular system while strengthening muscles. Water shoes are recommended. No swimming skills required.	Outdoor Pool	Angela Loutsch	Members: FREE Community: \$4/day
<b>Enhance Fitness</b> (1) - 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. Sessions are 16 weeks, meeting 3 times per week. Registration required.	Gym	Angela Loutsch Joyce Feuerhelm Missy Coffee-Gengler	<b>Session Fee:</b> Members: \$24.00 Community: \$48.00
<b>Mix It Up! Joyce's Circuit Class</b> (2-3) - This high intensity workout will use medicine ball, kettlebell, TRX, battle rope, stability ball and dumbbells to help you build strength, balance and core stability.	TRX Room or Gym	Joyce Feuerhelm	Members: FREE Community: \$4/day

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