



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS

Summer 2020 LE MARS YMCA

Deep Water Boot Camp

Experience a moderate intensity, low impact workout focused on challenging your core strength, cardiovascular system, flexibility and muscular endurance. Flotation aids are available.

Location: Le Mars Outdoor Pool
Duration: June 15 - August 28
Day/Time: Tues & Thurs 5:30-6:15pm
Class Size: Limit of 9 participants
First Come, First Serve
Instructor: Emily Palsma
Fee: \$5/class

Morning Mixer Water Fitness

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. This class will challenge balance and your cardiovascular system while strengthening muscles. Water shoes are recommended. No swimming skills required, floatation aids are available.

Location: Le Mars Outdoor Pool
Duration: June 15 - August 28
Day/Time: Tues & Thurs 8:00-8:45am
Class Size: Limit of 15 participants
First Come, First Serve
Instructor: Angela Loutsch
Fee: \$5/class

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