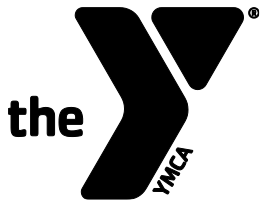




Summer 2020 Fitness Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--------|---|
| | Joyce's Class is Switching Weekly: Kettlebell Medicine Ball Stability Ball Dumbbells 5:45-6:30am Fitness Annex | | | | |
| | Morning Mixer Water Fitness 8:00-8:45am Outdoor Pool | | Morning Mixer Water Fitness 8:00-8:45am Outdoor Pool | | |
| Pilates 9:00-9:45am Fitness Studio | | Pilates 9:00-9:45am Fitness Studio | | | Zumba® Basics or Strong 9:00-10:00am Fitness Annex |
| | Body Sculpting 12:15-12:45pm Fitness Annex | | Body Sculpting 12:15-12:45pm Fitness Annex | | |
| | | | Body Sculpting 5:00-5:45pm Fitness Annex | | |
| Zumba® Basics or Strong 5:30-6:30pm Fitness Annex | Deep Water Boot Camp 5:30-6:15pm Outdoor Pool | Zumba® Basics or Strong 5:30-6:30pm Fitness Annex | Deep Water Boot Camp 5:30-6:15pm Outdoor Pool | | |

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



Summer 2020 Class Descriptions

| Class Description | Location | Instructor | Fee |
|--|----------------|-----------------------------------|---------------------------------|
| Pilates (2) - This total body conditioning class promotes elongated and toned muscles and is well known for developing the core. | Fitness Studio | Paula Kommes | Members: FREE Community: \$5 |
| Joyce's Class is Switching Weekly: Kettlebell, Medicine Ball, Stability Ball and Dumbbells (2-3) - This class offers a total body workout using a variety of equipment and exercises. | Fitness Annex | Joyce Feuerhelm | Members: FREE Community: \$5 |
| 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: \$5 |
| Strong (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. | Fitness Annex | Lori Hayungs | Members: FREE Community: \$5 |
| 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: \$5 |
| Morning Mixer Water Fitness Class (1-2) - 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. This class will challenge balance and your cardiovascular system while strengthening muscles. Water shoes are recommended. No swimming skills required, floatation aids are available. | Outdoor Pool | Angela Loutsch | \$5/class |
| Deep Water Boot Camp (2) - Experience a moderate intensity, low impact workout focused on challenging your core strength, cardiovascular system, flexibility and muscular endurance. Flotation aids are available. | Outdoor Pool | Emily Palsma | \$5/class |

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

Revised 6.8.20

All fitness classes are on a drop-in basis and free to members. 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.