



Upper Fitness Room July 2022

Monday	Tuesday	Wednesday	Thursday	Saturday
Schedule changes will be announced on text caster. Sign up at the Daily Sentinel to receive text alerts from the Le Mars YMCA.				2 Core & More 9:00-10:00am Instructor - Suzie
4 Closed for the 4th of July	5 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	6 Core & More 5:30-6:30pm Instructor - Susie	7 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	9 Body Sculpting 9:00-10:00am Instructor - Angela
11 Zumba 5:30-6:30pm Instructor - Patty	12 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	13 Core & More 5:30-6:30pm Instructor - Susie	14 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	16 Core & More 9:00-10:00am Instructor - Suzie
18 Zumba 5:30-6:30pm Instructor - Patty	19 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	20 Zumba 5:30-6:30pm Instructor - Patty	21 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	23 Zumba 9:00-10:00am Instructor - Patty
25 Zumba 5:30-6:30pm Instructor - Patty	26 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	27 Zumba 5:30-6:30pm Instructor - Patty	28 Body Sculpting 12:15-12:45pm Instructor - Angela 5:00-5:45pm Instructor - Jeanette	30 HIIT 9:00-10:00am Instructor - Dallas