

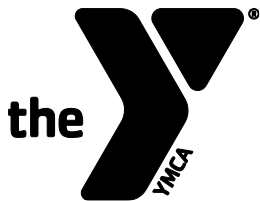


June - September 2022 Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kettlebell 5:30-6:15am Gym				
	Morning Mixer Water Fitness 8:00-8:45am Outdoor Pool June - August		Morning Mixer Water Fitness 8:00-8:45am Outdoor Pool June - August		
Pilates 9:00-9:45am Fitness Studio		Pilates 9:00-9:45am Fitness Studio			Rotation of Classes 9:00-10:00am Upper Fitness Room
	Body Sculpting 12:15-12:45pm Upper Fitness Room		Body Sculpting 12:15-12:45pm Upper Fitness Room		
	Body Sculpting 5:00-5:45pm Upper Fitness Room		Body Sculpting 5:00-5:45pm Upper Fitness Room		
Zumba® Basics or Core & More 5:30-6:30pm Upper Fitness Room		Zumba® Basics or Core & More 5:30-6:30pm Upper Fitness Room			
	Deep Water Boot Camp 5:30-6:15pm Outdoor Pool June - August		Deep Water Boot Camp 5:30-6:15pm Outdoor Pool June - August		

**This schedule is for June - September 2022.
Schedule changes will be announced on text caster. Sign up at
the Daily Sentinel to receive text alerts from the Le Mars YMCA.**

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



2022 Class Descriptions

Class Description	Location	Instructor	Fee
TRX & Medicine Ball (2-3) - Get two great workouts in one with our Medicine Ball & TRX combo class. Build strength, balance and core stability.	Lower Fitness Room	Joyce Feuerhelm	Members: FREE Community: day pass
Morning Boot Camp (3) - Boot Camp is an intense mix of strength training and aerobic elements. The goal of boot camp is to provide a total body workout that builds strength and endurance. This class is ideal for fit individuals that are looking for a more intense workout.	Gym	Scott Kommes Mindi Jalas	Members: FREE Community: day pass
Kettlebell (2-3) - 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: day pass
Group Cycling (1-3) - Our group cycling classes feel like a road bike experience. This class is geared to both novice and veteran exercisers because you set your own pace.	Lower Fitness Room	Al Pottebaum Mindi Jalas	Members: FREE Community: day pass
Twisted Group Cycling (2-3) - Similar to the Group Cycling class but with a twist. This cycling class combines cardio with strength by including abs, lunges, planks and more.	Lower Fitness Room	Al Pottebaum Dawn Peterson	Members: FREE Community: day pass
Express Group Cycling (2-3) - Get energized during your lunch hour with our express group cycling class.	Lower Fitness Room	Dallas Carey	Members: FREE Community: day pass
HIIT Strong (2-3) - This new class will get your heart pumping. Our newest instructor, Dallas, will lead you through a variety of exercises at a fast pace.	Upper Fitness Room	Dallas Carey	Members: FREE Community: day pass
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: day pass
Hatha Yoga (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 Mai	Members: FREE Community: day pass
Zumba® Basics (2-3) - Zumba® is a mixture of body sculpting movements with easy to follow dance steps for a dynamic and effective workout.	Upper Fitness Room	Patty Hill	Members: FREE Community: day pass
Core & More (2) - Get down to the core with the NEW Core & More class. Core & More will utilize Pilates principles, mixed with intervals of cardio and strength training to give you a total body workout while igniting your core. Core & More incorporates exercises that use mat work, standing, hi-low cardio intervals, and tone and stretch intervals. You may use mats, dumbbells, balls, and bands to complete your workout. Some modifications will be available. Build a strong core foundation with Core & More.	Upper Fitness Room	Susie Plathe	Members: FREE Community: day pass
Body Sculpting (2-3) - Full body workout using integrated strength exercises. Participants use body bars, dumbbells and resistance bands.	Upper Fitness Room	Angela Loutsch Jeanette Kinney	Members: FREE Community: day pass
Fitness Drumming (2) - Fitness Drumming is an exciting new class that incorporates both cardio and muscle endurance into one class to give you a total body workout. This unique exercise experience will leave you feeling energized.	Lower Fitness Room	Angela Loutsch	Members: FREE Community: day pass
Empower for Active Older Adults (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.	Gym	Dallas Carey Angela Loutsch Substitute - Joyce	Members: FREE Community: day pass
Morning Mixer Water Fitness (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. Morning Mixer water fitness class will challenge balance and your cardiovascular system while strengthening muscles. Water shoes are recommended for shallow water activities. No swimming skills required, floatation aids are available.	Outdoor Pool	Angela Loutsch	Members: FREE Community: day pass
Deep Water Boot Camp (2) - Experience a moderate intensity, low impact workout focused on challenging your cardiovascular system, core strength, and muscular endurance. Floatation aids are available.	Outdoor Pool	Emily Palsma Liz Anderson	Members: FREE Community: day pass

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

Revised 6/9/22

All fitness classes are on a drop-in basis. Our classes are FREE for Members, with any membership type, and offered to the community for a daily day pass fee. 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.