

# SUMMER 2025

## GROUP EXERCISE SCHEDULE

the



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
5:15-6:15	<b>Boot Camp</b> @ track FREE FOR ALL		<b>Boot Camp</b> @ track FREE FOR ALL	<b>TRX</b> 5:15-6:00	<b>Boot Camp</b> @ track FREE FOR ALL	
5:30-6:15		<b>CORE Essentials</b> 5:30-6:00	<b>Power and Strength</b>			
8:00-9:00		<b>Morning Mix</b> 8:00-8:45 *Outdoor Pool*		<b>Morning Mix</b> 8:00-8:45 *Outdoor Pool*		
9:00-10:00	<b>Pilates</b> 9:00-9:45		<b>Pilates</b> 9:00-9:45 <b>Vinyasa Yoga</b> 9:00-9:45	<b>Zumba</b> 9:30-10:15		<b>LAST CLASS JUNE 28TH!</b> <b>Saturday Fitness</b> Zumba or Core & More
10:30-11:15	<b>Fit for Life</b>	<b>Balance</b> 10:30-11:00	<b>Chair Yoga</b> 10:00-10:45	<b>Fit for Life</b>		
PM						
12:00-1:00		<b>Full Body Blast</b> 12:15-12:45		<b>Power and Strength</b> 12:00-12:45	<b>Hatha Yoga</b> 12:15-1:00	
5:00-5:45		<b>Body Sculpting</b>		<b>Body Sculpting</b>		
5:30-6:30	<b>Zumba or Core &amp; More</b>		<b>Zumba or Core &amp; More</b>			
6:00-6:45		<b>Aqua Boot Camp</b> *Outdoor Pool*		<b>Aqua Boot Camp</b> *Outdoor Pool*		
6:30-7:30						

### CLASS LOCATIONS

UPPER FITNESS STUDIO | LOWER FITNESS STUDIO  
OUTDOOR POOL | TRACK/GYM

### TEXT ALERTS

Scan QR code to create an account and start receiving text alerts.

Scroll down & click the Le Mars YMCA box under 5a) Local Sports - Le Mars



### QUESTIONS OR COMMENTS?

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Core & More and Zumba schedule are updated monthly (see upper fitness schedule for more information).



# CLASS DESCRIPTIONS

## Boot Camp

**high**

Boot Camp workouts combine strength training and aerobic elements that will challenge every part of your body. This minimal equipment workout will challenge your strength and stamina and increase your overall fitness level.

## Morning Mix

**low to moderate**

Experience the benefits of water exercise during this 45-minute functional workout. This aqua class will help you build strength to make daily activities and movements easier.

## Aqua Deep

**moderate**

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

## Fit for Life

**low**

This class will help you feel and be your best self. Fit for life will help improve your muscular strength, balance and cardiovascular health. All exercises can be modified to meet you wherever you are in your fitness journey. The first 15 minutes of class will include walking in the gym and setting up for class, then the group workout will begin at 10:45am.

## Pilates

**low to moderate**

Pilates is an innovative total body conditioning experience which combines stretching and strengthening the body. The series of movements promote elongated and toned muscles and is well known for developing the core of the body. This class improves strength, flexibility, balance control and muscle symmetry. Pilates is low impact and beneficial for all ages.

## Zumba

**moderate**

Zumba is a mixture of body sculpting movements with easy-to-follow dance steps for a dynamic and effective workout. Our Zumba instructor changes up the music and moves frequently to make sure you are always challenges to the max!

## Core Essentials

**moderate**

Dig out and dust off that yoga mat and fire up that core! This class focuses on strengthening the ab and back muscles while incorporating simple yet essential yoga exercises. All ability levels are welcome! A strong core is essential to a functional and healthy lifestyle, so start your Tuesdays off right with body-weight and low-weight core exercises!

## Full Body Blast

**moderate to high**

Come join us for a quick 30 minute (noon) or 60 minute (evening) workout! Full Body Blast is a fast-paced class aimed at building muscle and strength. We will mostly be using free weights and body weight for our workouts.

## Body Sculpting

**moderate-high**

Get energized during this full body workout using integrated strength exercises. Body Sculpting will utilize barbells, dumbbells, resistance bands, and more to maximize your strength training experience. Each workout is easily tailored to your fitness level and all equipment will be provided.

## Core & More

**moderate to high**

This class will utilize Pilates principals mixed with intervals of cardio and strength training to give you a full body workout while igniting your core. Modification will be available. Build a strong core foundation with Core & More.

## TRX

**moderate to high**

TRX Suspension Training is a workout system that uses gravity and your own bodyweight to preform hundreds of different exercises. With just one piece of equipment you can train virtually every muscle in your body, build a rock-solid core and increase muscular endurance.

## Chair Yoga

**low**

A form of yoga practiced while seated or using a chair for support, making it accessible for people with mobility challenges or limited flexibility. It incorporates breathing exercises, stretching, and simple movements to improve strength, flexibility, and overall well-being

## Vinyasa Yoga

**low to moderate**

A dynamic style of yoga that focuses on linking breath with movement in a fluid sequence of poses. The practice emphasizes smooth transitions between postures, creating a continuous flow that builds strength, flexibility, and balance

## Hatha Yoga

**low to moderate**

A traditional form of yoga that focuses on physical postures (asanas) and controlled breathing (pranayama) to promote balance and relaxation. It is typically slower-paced, with an emphasis on alignment, strength, and flexibility

## Power and Strength

**moderate-high**

This class is designed to build muscle, boost endurance, and improve overall strength. Expect a full-body workout using resistance training and functional movements, with less focus on cardio and more emphasis on solid, effective strength work. All fitness levels are welcome!

## Balance

**low**

It's time for greater ease, comfort, and capability in daily life. This class includes full body stretching, range of motion and exercises focused on balance and core for fall prevention.

