

SUMMER 2025

GROUP EXERCISE SCHEDULE

the



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

