

Le Mars YMCA
Fall 2025
 GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM 5:15-6:15	Boot Camp Back in gym Sept. 3rd!		Boot Camp Back in gym Sept. 3rd!	TRX 5:30-6:15 Starts Sept. 4th!	Boot Camp Back in gym Sept. 3rd!	
5:30-6:15		Twisted Cycle Starts Sept. 2!	Power and Strength			
7:00-8:00		Morning Mix 7:00-7:45		Morning Mix 7:00-7:45		Starts Sept. 6th!
8:00-9:00			Vinyasa Yoga 8:00-8:45			Saturday Fitness Zumba or Core & More
9:00-10:00	Pilates 9:00-9:45		Pilates 9:00-9:45 Chair Yoga 9:00-9:45	Zumba 9:30-10:15		
10:30-11:15 PM	Fit for Life	Strength and Stability Fusion 10:30-11:00		Fit for Life		
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 SPIN 5:30-6:15 PM Starts Oct. 1st!	Aqua Deep 5:30-6:15	Zumba or Core & More SPIN 5:30-6:15 PM Starts Oct. 1st!	Aqua Deep 5:30-6:15		
6:30-7:15	Strength and Sculpt Starts Sept. 15th!					

CLASS LOCATIONS

UPPER FITNESS STUDIO | LOWER FITNESS STUDIO
INDOOR 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!

Strength and Sculpt

moderate to high

Strength and Sculpt is a 45-minute workout that blends light weightlifting with core-focused exercises to tone, strengthen, and build endurance. This class is designed for all fitness levels and will leave you feeling strong, balanced, and energized.

Strength and Stability Fusion

low

Build strength while improving balance in this fun, low-impact class designed for all fitness levels. Using light weights and functional movements, we'll target both major muscle groups and stabilizing muscles to help you feel stronger, steadier, and more confident in everyday life.

Classic Spin

moderate to high

Experience an athletic, adrenaline pumping workout using authentic cycling drills to get one of your more efficient and effective workouts ever. This class is geared to both novice and veteran members alike because you set your own pace.

Power and Strength

moderate to high

Looking for an afternoon pick me up? This full body circuit incorporates strength and endurance training that will inspire you to take on the rest of your day! Participants will use a variety of equipment including free weights, bands, barbells and more. This class will meet for 30 minutes to allow those who need to get back to work enough time to do so. Additional core/mobility exercises will be offered at the end of class for 10-15 minutes.

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

Twisted Cycle

moderate to high

Twisted combines cardio with strength by including core and other strengthening exercises with cycling intervals. This high energy class will get your heart pumping with upbeat music and great energy to get you moving. Join this calorie torching class- LET'S RIDE!

