

Le Mars YMCA

# Fall 2026

## GROUP EXERCISE SCHEDULE



|                | MONDAY                                                                                               | TUESDAY                                                          | WEDNESDAY                                                                                  | THURSDAY                                                         | FRIDAY                                                                  | SATURDAY                                                                                 |
|----------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 5:15-6:15 AM   | <b>Boot Camp</b><br><u>Track through 9/30</u><br><u>Gym starts 10/5</u>                              |                                                                  | <b>Boot Camp</b><br><u>Track through 9/30</u><br><u>Gym starts 10/5</u>                    |                                                                  | <b>Boot Camp</b><br><u>Track through 9/30</u><br><u>Gym starts 10/5</u> |                                                                                          |
| 5:30-6:15 AM   | <b>TWISTED CYCLE</b>                                                                                 | <b>TRX</b><br>Suspension Training                                | <b>TWISTED CYCLE</b>                                                                       | <b>TRX</b><br>Suspension Training                                |                                                                         |                                                                                          |
| 8:00-9:00 AM   | <b>Vinyasa Yoga</b><br>8:00-8:45<br><u>Returns Oct. 5!</u>                                           |                                                                  | <b>Vinyasa Yoga</b><br>8:00-8:45<br><u>Returns Oct. 7!</u>                                 |                                                                  |                                                                         |                                                                                          |
| 9:00-10:00 AM  | <b>Pilates</b><br>9:00-9:45<br><b>Chair Yoga</b><br>9:00-9:45<br><u>Returns Oct. 5!</u>              | <b>Aqua Morning Mix</b><br>10:00-10:45<br><u>Returns Oct. 6!</u> | <b>Pilates</b><br>9:00-9:45<br><b>Chair Yoga</b><br>9:00-9:45<br><u>Returns Oct. 7!</u>    | <b>Aqua Morning Mix</b><br>10:00-10:45<br><u>Returns Oct. 8!</u> | <b>Silver Sox Ballet</b><br>9:00-9:45                                   | <b>Saturday Fitness</b> *<br><u>Zumba or Core &amp; More</u><br><u>Returns Sept. 26!</u> |
| 10:30-11:15 AM | <b>Fit for Life</b>                                                                                  | <b>Strength &amp; Stability</b><br>10:30-11:00                   |                                                                                            | <b>Fit for Life</b>                                              |                                                                         | <b>TABATA</b><br>10:15-10:45 AM<br><u>Starts Sept. 12</u>                                |
| 12:00-12:45 PM |                                                                                                      | <b>Circuit BLAST</b>                                             | <b>CENTERLINE</b><br><u>Starts Sept. 9</u>                                                 | <b>Power &amp; Strength</b>                                      | <b>CENTERLINE</b><br><u>Starts Sept. 11</u>                             |                                                                                          |
| 5:00-5:45 PM   |                                                                                                      | <b>Body Sculpting</b>                                            |                                                                                            | <b>Body Sculpting</b>                                            |                                                                         |                                                                                          |
| 5:30-6:30 PM   | <b>Zumba or Core &amp; More</b> *<br><b>SPIN</b><br>5:30-6:15 PM<br><u>Returns Oct. 5!</u>           | <b>Aqua Deep</b><br>5:45-6:30<br><u>Returns Oct. 6!</u>          | <b>Zumba or Core &amp; More</b> *<br><b>SPIN</b><br>5:30-6:15 PM<br><u>Returns Oct. 7!</u> | <b>Aqua Deep</b><br>5:45-6:30<br><u>Returns Oct. 8!</u>          |                                                                         |                                                                                          |
| 6:30-7:30 PM   | <b>Strength &amp; Sculpt</b><br>6:30-7:15<br><b>TABATA</b><br>7:00-7:30 PM<br><u>Starts Sept. 14</u> | <b>Evening Reset: Yoga</b><br><u>Starts Sept. 8</u>              | <b>TABATA</b><br>7:00-7:30 PM<br><u>Starts Sept. 9</u>                                     | <b>Evening Reset: Yoga</b><br><u>Starts Sept. 10</u>             |                                                                         |                                                                                          |

### CLASS LOCATIONS

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

### TEXT ALERTS

To receive ALL alerts from the YMCA: Text [lemarsymca](tel:201-740-1577) to 201-740-1577

To receive only GROUP EXERCISE alerts from the YMCA: Text [wellness](tel:201-740-1577) to 201-740-1577



\* Scan here for Upper Studio Schedule (classes change weekly)

QUESTIONS OR COMMENTS?  
INTERESTED IN INSTRUCTING?!

[jacquep@lemarsymca.org](mailto:jacquep@lemarsymca.org)  
712-546-6655

Core & More and Zumba schedule are updated monthly (scan QR code for Upper Studio Schedule for those classes).

# CLASS DESCRIPTIONS



## Boot Camp

**high**

Boot Camp combines strength training & aerobic elements that will challenge every part of your body. This minimal equipment workout will challenge your strength & stamina & increase overall fitness.

## Morning Mix

**low to moderate**

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

## Aqua Deep

**moderate**

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

## Fit for Life

**low**

Fit for life will help improve muscular strength, balance & cardiovascular health. All exercises can be modified to meet you wherever you are in your fitness journey. Chairs available to sit if and when needed.

## Pilates

**low to moderate**

Pilates is a total body conditioning experience which combines stretching & strengthening. The series of movements promote elongated & toned muscles & for developing the core. This class improves strength, flexibility, balance control & muscle symmetry.

## 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 & Sculpt

**moderate**

Dig out and dust off that yoga mat and fire up that core! This class focuses on strengthening the ab & back while incorporating simple yet essential yoga exercises. All ability levels are welcome!

## Full Body Blast

**moderate to high**

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.

## Evening Reset: Yoga

**low to moderate**

Mobility • Recovery • Relaxation

A restorative evening class combining gentle mobility, supported stretching and breathwork. Unwind from the day and transition into a restful night with slower movement and relaxation.

## Strength & Stability

**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.

## TABATA

**moderate to high**

A high-intensity interval training workout featuring 20-30 seconds of work and 10-15 seconds of rest. Improve strength, endurance, & cardiovascular fitness in this fast-paced, full-body class. All levels welcome.

## Body Sculpting

**moderate-high**

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

## Spin

**moderate to high**

Add a new element to your exercise program. 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.

## Twisted Cycle

**moderate to high**

This class is similar to Group Cycling, but with a twist. 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!

## Core & More

**moderate to high**

This class will utilize Pilates principals mixed with intervals of cardio & strength training to give you a full body workout while igniting your core. Modifications available. Build a strong 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. The practice emphasizes smooth transitions between postures, creating flow that builds strength, flexibility, and balance.

## Silver Fox Ballet

**low to moderate**

A fun, informal introduction to classical ballet. It is a no-impact exercise as we have cut out any jumping in favor of joint-friendly bending and stretching. No ballet slippers required.

## CENTERLINE

**low to moderate**

An adaptive full-body class that blends cardio, strength, and balance with creative block work. Build endurance through progressive movement combinations with options for every fitness level.

## Circuit BLAST

**moderate to high**

A total-body workout that combines strength, cardio, & core exercises in a circuit format. Challenge yourself with timed intervals designed to increase fitness, burn calories, & build muscular endurance.