

Le Mars YMCA

Fall 2026

GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 AM	Boot Camp		Boot Camp		Boot Camp	
5:30-6:15 AM	TWISTED CYCLE	TRX Suspension Training	TWISTED CYCLE	TRX Suspension Training		
8:00-9:00 AM	Vinyasa Yoga 8:00-8:45		Vinyasa Yoga 8:00-8:45			
9:00-10:00 AM	Pilates 9:00-9:45 Chair Yoga 9:00-9:45	Aqua Morning Mix 10:00-10:45 <u>Returns Oct. 13</u>	Pilates 9:00-9:45 Chair Yoga 9:00-9:45	Aqua Morning Mix 10:00-10:45 <u>Returns Oct. 15!</u>	Silver Sox Ballet 9:00-9:45	Saturday Fitness Zumba or Core & More
10:30-11:15 AM	Fit for Life	Strength & Stability 10:30-11:00		Fit for Life		TABATA 10:15-10:45 AM
12:00-12:45 PM		Circuit BLAST	CENTERLINE	Power & Strength	CENTERLINE	
5:00-5:45 PM		Body Sculpting		Body Sculpting		
5:30-6:30 PM	Zumba or Core & More SPIN 5:30-6:15 PM	Aqua Deep 5:30-6:15	Zumba or Core & More SPIN 5:30-6:15 PM	Aqua Deep 5:30-6:15		
6:30-7:30 PM	Strength & Sculpt 6:30-7:15 TABATA 7:00-7:30 PM	Evening Reset: Yoga	TABATA 7:00-7:30 PM	Evening Reset: Yoga		

CLASS LOCATIONS

UPPER FITNESS STUDIO | LOWER FITNESS STUDIO
INDOOR POOL | 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
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 Sox 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.