



2020 Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning	Boot Camp 5:15-6:15am Gym	Boot Camp 5:15-6:15am Gym		Boot Camp 5:15-6:15am Gym		
	Twisted Group Cycling 5:30-6:15am Cycling Room	Yoga-Pilates Sculpt 5:30-6:15am Fitness Studio	Twisted Group Cycling 5:30-6:15am Cycling Room	Yoga-Pilates Sculpt 5:30-6:15am Fitness Studio	Twisted Group Cycling 5:30-6:15am Cycling Room	
	Mix It Up with Circuit 5:45-6:30am TRX Room	TRX & Medicine Ball 5:45-6:30am TRX Room		Kettlebell 5:45-6:30am Gym		
	Kung Fu 6:15-7:00am Fitness Annex	Tai Chi 6:15-7:00am Fitness Annex	Kung Fu 6:15-7:00am Fitness Annex	Tai Chi 6:15-7:00am Fitness Annex		
	Pilates 9:00-9:45am Fitness Studio		Pilates 9:00-9:45am Fitness Studio			
	Morning Mixer 9:00-9:45am Indoor Pool		Aqua Groove 9:00-9:45am Indoor Pool			Zumba® Basics or Strong 9:00-10:00am Fitness Annex
afternoon	Enhance Fitness 10:30-11:30am Jan 13 - May 1 Registration required.		Enhance Fitness 10:30-11:30am Jan 13 - May 1 Registration required.		Enhance Fitness 10:30-11:30am Jan 13 - May 1 Registration required.	
	Body Sculpting 12:15-12:45pm Fitness Annex		Body Sculpting 12:15-12:45pm Fitness Annex			
	Pilates 4:45-5:30pm Fitness Studio	Body Sculpting 5:00-5:45pm Fitness Annex	Pilates 4:45-5:30pm Fitness Studio	Body Sculpting 5:00-5:45pm Fitness Annex		
			Aqua Fit 5:00-5:45pm Indoor Pool			
	Hatha Yoga 5:30-6:30pm Fitness Studio		Hatha Yoga 5:30-6:30pm Fitness Studio			
	Group Cycling 5:30-6:15pm Cycling Room		Group Cycling 5:30-6:15pm Cycling Room			
evening	Zumba® Basics or Strong 5:30-6:30pm Fitness Annex		Zumba® Basics or Strong 5:30-6:30pm Fitness Annex			
		Aqua Interval 6:00-6:45pm Indoor Pool		Deep Water 6:00-6:45pm Indoor Pool		

The Le Mars YMCA is a not-for-profit, cause-driven charitable organization.



2020 Class Descriptions

Class Description	Location	Instructor	Fee
Morning Boot Camp (3) - Boot Camp is an intense mix of strength training and aerobic elements. The goal of boot camp is to provide a whole-body workout that builds strength and endurance. This class is ideal for fit individuals that are looking for a more intense workout.	YMCA	Scott Kommes	Members: FREE Community: \$4/day
TRX and Medicine Ball Small Group Training (2-3) - Get two great exercises in one with our Medicine Ball & TRX combo class. Build strength, balance and core stability.	TRX Suspension Training Room	Joyce Feuerhelm	Members: FREE Community: \$4/day
Mix It Up with Circuit (2-3) - Circuit class offers a total body workout using: TRX, kettlebell, medicine ball, battle rope, dumbbells, stability ball, bosu and plyo box.	TRX Suspension Training Room	Joyce Feuerhelm	Members: FREE Community: \$4/day
Hatha Yoga (2-3) - Relieve stress and build strength by incorporating the mind, body and spirit into your workout. This Yoga class helps improve flexibility, muscular strength, posture and alignment through Yoga poses, breathing and relaxation.	Fitness Studio	Mary Konopasek	Members: FREE Community: \$4/day
Yoga-Pilates Sculpt (2-3) - Advance to the next level and practice many of the most challenging Pilates and Yoga poses during our Yoga-Pilates Sculpt class.	Fitness Studio	Suzie Plathe	Members: FREE Community: \$4/day
Pilates (2) - This total body conditioning class promotes elongated and toned muscles and is well known for developing the core.	Fitness Studio	Mary Konopasek Paula Kommes	Members: FREE Community: \$4/day
Kettlebell (2-3) - Kettlebell promises to deliver a high-intensity workout and is ideal for anyone who wants to burn calories and build strength.	Gym	Joyce Feuerhelm	Members: FREE Community: \$4/day
Group Cycling (1-3) - Our group cycling classes feel like a road bike experience. This class is geared to both novice and veteran exercisers because you set your own pace.	Cycling Room	Al Pottebaum Mindi Jalas	Members: FREE Community: \$4/day
Twisted Group Cycling (2-3) - Similar to the Group Cycling class but with a twist. This cycling class combines cardio with strength by including abs, lunges, planks and more.	Cycling Room	Al Pottebaum Tonya Harpenau	Members: FREE Community: \$4/day
Zumba® Basics (2-3) - Zumba® is a mixture of body sculpting movements with easy to follow dance steps for a dynamic and effective workout.	Fitness Annex	Lori Hayungs Patty Hill	Members: FREE Community: \$4/day
Strong (2-3) - Get STRONG with this high intensity interval training (HIIT) fitness class. Experience a new way to workout that combines body weight, muscle conditioning, cardio and plyometric training specifically choreographed to the beat of awesome music. Be motivated and challenged by the music.	Fitness Annex	Lori Hayungs	Members: FREE Community: \$4/day
Body Sculpting (2-3) - Full body workout using integrated strength exercises. Participants use body bars, dumbbells and resistance bands.	Fitness Annex	Angela Loutsch Jeanette Kinney	Members: FREE Community: \$4/day
Aqua Groove (1-2) - Dance your morning away and groove to classic tunes from the 1960's and 70's. Use the water's resistance to strengthen without the impact.	Indoor Pool	Angela Loutsch	Members: FREE Community: \$4/day
Aqua Interval (2-3) - This fun and motivating class takes place in the flow channel moving both with and against the current to create different intensity levels.	Indoor Pool	Elizabeth Anderson	Members: FREE Community: \$4/day
Morning Mixer (2-3) - Morning mixer water fitness class will challenge your balance and your cardiovascular system while building strength.	Indoor Pool	Angela Loutsch	Members: FREE Community: \$4/day
Deep Water Boot Camp (2) - Experience a moderate intensity, low impact workout focused on challenging your cardiovascular system, core strength and endurance.	Indoor Pool	Emily Palsma	Members: FREE Community: \$4/day
Aqua Fit (2) - Grab a pool noodle or dumbbells and get ready to increase your strength, cardiovascular endurance and balance. This moderate intensity class will take place in the 3.5 foot area of the pool. Aqua Fit includes many directional changes, perfect to increase your body's ability to react and prevent falls.	Indoor Pool	Gayle Hearne	Members: FREE Community: \$4/day
Enhance Fitness (1) - Geared toward adults 50+ of all fitness levels. You will feel energized - physically, mentally, socially - and be surrounded by people who care about your success. Sessions are 16 weeks, meeting 3 times per week. Registration required.	Gym	Angela Loutsch Joyce Feuerhelm	Session Fee: Members: \$24.00 Community: \$48.00
Kung Fu (2) - This total body, martial arts, workout focuses on lower body strength, core strength and balance training by using several body weight exercises.	Fitness Annex	Issac Real	Members: FREE Community: \$4/day
Tai Chi (1) - Take time to focus on your health and balance with Tai Chi, a moving meditation. Tai Chi trains coordination, balance and mindful meditation.	Fitness Annex	Issac Real	Members: FREE Community: \$4/day

(1) low intensity (2) moderate intensity (3) high intensity (1-3) all fitness levels

Revised 2.19.19

All fitness classes, except Enhance Fitness are on a drop-in basis. Many of our classes are FREE for Members, with any membership type, and offered to the community for \$4/day, check the class description for details. Anyone 16 years old or older may participate in group fitness. Class schedule is subject to change. If there are less than 2 participants, a class may be cancelled.