

Fitness Class

Schedule

June 21st to July 30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycle Reebok	Body Conditioning	Kettlebells	Body Conditioning	Cycle Reebok
8:30am	STOTT PILATES	Hi-Lo	STOTT PILATES	Hi-Lo	STOTT PILATES
9:30am	Turbo Kick	Yoga	Turbo Kick	Yoga	
5:15pm	Step Aerobics	Boot Camp	Yoga	Boot Camp	

SCHEDULE SUBJECT TO CHANGE— - DESCRIPTIONS ON REVERSE

Land Aerobics Pass may be purchased at the front desk
Prices are as follows for the 6 week session:
 Member Unlimited Pass \$15.00 Member Single Class Pass \$2
 Non-Members Unlimited Pass \$65.00 Non-Member Single Class Pass \$8

Algona Family YMCA

Algona Family YMCA 2101 East McGregor Algona IA 50511 (515) 295-7701



Class Descriptions

Belly Up– A 30 to 45 minute intensive core workout utilizing all abdominal and back muscles. Workout will be designed to strengthen both back and abs from a prone and supine position.

Body Cardio– A 45 minute total body sculpting class using kickboxing moves: jabs; punches and kicks. These moves are combined with interval training creating both muscular strength and cardiovascular endurance for an all-over body workout.

Body Sculpt– A 60 minute toning class that will work the major muscle groups using hand weights, Spri bands and other equipment to promote muscle strength in upper and lower body as well as the core.

Boot Camp– A 60 minute all out cardio class using slow and fast twitch muscles. A combination of calisthenics and cardio exercise, along with various equipment will be used in this workout.

BOSU– A 45 minute class using the Both Sides Up BOSU ball. Balance and muscle strength will improve. This is a cardio class that will also incorporate body toning.

Competitive Cycling– A 60 minute cycling class that will challenge even the best tri-athlete in a high intensity class where everyone is welcome.

Cycle Reebok– A 45 minute non-impact cardio class that promotes lower body strength and cardio fitness. Each rider is encouraged to challenge and improve their own level of fitness.

Cycle Up-- A 45 minute class with 30 minutes of cycling and 15 minutes of floor ab work.

Hi-Lo– A 60 minute cardiovascular fitness class that can meet the needs of all. Modifications and options will be offered to push individual fitness levels. It is an excellent workout that moves.

Interval Training--A 60 minute class combining cardio and toning work outs. Various pieces of equipment will be utilized.

Kettlebells– A 45 minute cardio class that will impact all muscles of the body. A strong core will be developed by swinging, lifting, and moving a weighted ball with a handle. It's fitness from the Russian czars.

Mixed Bag– A 60 minute cardio/toning workout combining a mixture of other classes' techniques. It will be a good chance to mix up the workout and challenge muscle memory.

Step Aerobics– A 60 minute cardio and toning class using a step platform that can be adjusted for individual preference. Interesting combinations of movement on and around the platform will kick up aerobic fitness.

STOTT PILATES– A 60 minute non-impact class that will challenge the core moving from exercise to exercise. The body will become stronger, leaner, and more balanced. Posture will show noticeable improvement and proper breathing will promote better body alignment.

Turbo Kick– A 60 minute high intensity aerobic class that has modifications and options for all fitness levels. Exercise patterns are built and repeated to create improved mastery of muscle movement.

Yoga– A 60 minute non-cardio class that will offer modifications and options for all fitness levels. Through a series of poses, muscle strength and flexibility will improve. With proper breathing, body alignment through the poses can be maintained.

Zumba– A 60 minute cardio workout to the rhythm of Latin music. There is no right; there is no wrong; it's fitness that is simple, easy to follow, and fun.