



Algona Family YMCA November 2020

Land & Water Aerobics classes are included with membership.
Fees still apply to CrossFit.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	Cycling CrossFit	Arms & Abs Aqua Blast	Cycling CrossFit	Boot Camp Aqua Blast	Power Core CrossFit
7:30 am	H2O Combo	Aqua Low	H2O Combo	Aqua Low	H2O Combo
8:30 am	STOTT PILATES				STOTT PILATES
8:45 am	Boot Camp		Boot Camp		
12:00 pm	CrossFit			CrossFit	
2:00 pm	Rusty Hinges		Rusty Hinges		
4:30 pm	CrossFit	CrossFit	CrossFit	CrossFit	
5:00 pm		Aqua Lo		Aqua Lo	
5:30 pm	Triple Threat CrossFit	CrossFit	Mixed Bag CrossFit	CrossFit	

Quick class descriptions! See our website for more information!

High Cardio Mid Cardio Low Cardio Water Class

All classes not offered each session. See other side for class schedule.

Aqua Blast: High energy water aerobic workout! Works on all muscle groups for an intense overall body workout.

Aqua Low: Light aerobic exercise emphasis on stretching, toning and increasing cardiovascular fitness.

All About Ropes: Jump, TRX, battling, and tubing ropes are used to create exercises for cardio fitness and fun

Arms & Abs: Workout using a variety of equipment to intensely work arms and abs.

Belly Up: It's all about ab strength using a variety of exercises.

BLT: Series of exercises will concentrate on working the butt, thighs, and legs.

Body Weight Blast: No equipment required! You are the machine!

Boot Camp: Drills and exercises will challenge your endurance, speed, agility, power, strength, and balance.

Body Sculpt: Class uses a variety of exercises to increase strength and functional fitness.

Crunch, Pump, Jab: Ab exercises for the core, weights to tone, kicks and jabs for total body sculpting.

Cycling: Non-impact cardio class that promotes lower body strength and cardio fitness.

Extreme Circuits: High intensity circuits are designed to push stamina and fitness.

Fitness Fridays: Mix up the fitness fun with a variety of equipment and workouts.

Freedom Fitness: Focused on mind, body, & spirit. Christ centered workout ranging from circuits to drumming!

HIIT IT: a form of [interval training](#), alternating short periods of intense exercise with less intense recovery periods.

Hi-Lo: Fast, upbeat workout that adjusts to all fitness levels . Minimal equipment.

H2O Combo: Combination of high and low energy water aerobics.

Kettlebell: Cardio class that will impact all muscles of the body. It's fitness from the Russian czars.

Kickboxing: High energy workout that can be adjusted to all fitness levels.

Lunch Crunch: Use your lunch break to do body sculpt workouts.

Power Core: Unique full body workout using the medicine ball to challenge balance and stamina.

Rusty Hinges: Excellent exercise in the water for those with joint ailments and muscular deficiencies.

STOTT Pilates: Non-impact class using core exercise to improve balance, posture, flexibility, and body alignment.

Stretch & Strengthen: Class designed to improve joint and muscle flexibility, balance, coordination, and strength.

Stretch and Roll: Class using a variety of rollers to ease the fascia & muscles and relax the body.

Toy Store: Full body workout using a variety of equipment to enhance your workout.

Triples: Quick intense class emphasizing 3 exercises in a layered format with each class adding reps and rounds.

Triple Threat: Working arms, abs, and booty. Incorporating HIIT, Kickboxing and circuit training.

TRX: Use a TRX suspension trainer to develop strength, balance, flexibility and core stability simultaneously.

Turbo Tabata: High energy workout using the Tabata method—20 seconds on/10 seconds off.

Vertical Core: Great core workout with no floor work.

Water Boot Camp: 30 minute class using boot camp style moves in the water for a full body workout.

CrossFit: Full body fitness program. Fees do apply. See Crossfit program sheet for details.