



Algona Family YMCA

Land Fitness Class Schedule

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am Cycling with Tammy Davis	5:30 am Body Sculpt with Connie Ludwig	5:30 am Cycling with Connie Ludwig	5:30 am Boot Camp with Abby Kissinger	5:30 am Power Core with Tammy Davis
8:30 am STOTT PILATES with Liz Rosonke	8:30 am Hi-Lo with Mary Becker			8:30 am STOTT PILATES with Liz Rosonke
8:45 am Boot Camp Jess Manske In the Youth Gym		8:45 am Cycling Jess Manske In the Youth Gym		8:45 am Boot Camp Adrianna Jensen In the Youth Gym
4:45 pm Boot Camp with Abby Kissinger		4:45 pm TRX with Val Lauck	5:30 pm Kettlebell with Rosie Gomez	
5:30 pm Body Sculpt with Rosie Gomez	5:30 pm Barre Work with Liz Rosonke		7:00 pm Yoga with Amber Weydert	

\$13.00 gets you unlimited classes!

Session passes only available to members.

Member Single Class Pass \$3 ~ Member only 5 class punch card \$15.00

Non-Member Single Class Pass \$9

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

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

Boot Camp – Drills and exercises will be utilized to challenge your endurance, speed, agility, power, strength, and balance. All exercises are modifiable to meet all fitness levels.

Cardio Prep – A class for all ability levels. Strengthens muscle groups involved in cardio training and non-cardio running.

Cycling– A 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.

Hi-Lo– Modifications and options will be offered to push individual fitness levels. It is an excellent workout that moves.

Kettlebell– A cardio class that will impact all muscles of the body. It's fitness from the Russian czars.

Kickboxing– A cardio class with jabs, punches, upper cuts, and kicks!

Power Core—An intense 30 minute cardio workout using a medicine ball to challenge your muscle strength and stamina.

Roller Relaxation – A class using two different rollers to ease the fascia & muscles and relax the body.

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

STOTT Pilates– A 55minute 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.

Toy Store – A cardio and toning class using all sorts of equipment from our arsenal.

Triples – Three exercises will be used to work arms, abs, and legs in a fast paced set that will increase each time class meets.

TRX – A 45 minute class using a TRX suspension trainer to develop strength, balance, flexibility and core stability simultaneously.

Turbo Tabata – A high energy class testing your limits! Using Tabata interval methods a variety of new exercises will be explored & designed to keep the heart pumping.

Vertical Core—A core workout with no floor work!

Yoga– A class designed for anyone new and/or experienced in yoga. This class gives modifications and variations of more challenging poses to help build strength. Emphasis is on correct alignment and breathing.