



# Algona Family YMCA

## Land Fitness Class Schedule

# June 2017

| Monday  | Tuesday                                     | Wednesday                                | Thursday   | Friday  |
|---|---|--|--|---|
| 5:30 am<br>Cycling<br>with Tammy Davis          | 5:30 am<br>Arms & Abs<br>with Connie Ludwig | 5:30 am<br>Cycling<br>with Connie Ludwig | 5:30 am<br>Flex & Stretch<br>with Rosie Gomez      | 5:30 am<br>Power Core<br>with Tammy Davis       |
| 8:30 am<br>STOTT<br>PILATES<br>with Liz Rosonke | 8:30 am<br>Hi-Lo<br>with Mary Becker        | 8:45 am<br>Cycling<br>with Jess Manske   |  | 8:30 am<br>STOTT<br>PILATES<br>with Liz Rosonke |
| Boot Camp*<br>See Below                         |   | 4:45 pm<br>Cycling<br>with Val Lauck     | 4:45 pm<br>Rolling with Rollga<br>with Liz Rosonke | Boot Camp*<br>See Below                         |
| 5:30 pm<br>Turbo Tabata<br>with Rosie Gomez     |   |  | 4:45 pm<br>TRX<br>with Rosie Gomez                 |   |

### \*Boot Camp Schedule

9:15am  
 Friday, June 2  
 Monday, June 5  
 Friday, June 23  
 Monday, June 26  
 Friday, June 30

8:45am  
 Friday, June 9  
 Monday, June 12  
 Friday, June 16  
 Monday, June 19

**\$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 abs from a prone and supine position.

**Body Harmony** – Mixing elements of Tai Chi, Qi Gong, Hatha Yoga and western stretching to relax both the body and mind.

**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.

**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.

**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.

**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.

**Zumba** – Zumba incorporates Latin and international music to create a dynamic fitness system, combining aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning.