



# Algona Family YMCA

## January 2019

**Land and Water Aerobics classes are included with membership .**  
**(Fees still apply to CrossFit)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	Cycling CrossFit	Body Sculpt CrossFit Aqua Blast	Cycling CrossFit	Boot Camp Aqua Blast	Power Core CrossFit
7:30 am	H2O Combo	Stretch & Strengthen	H2O Combo	Stretch & Strengthen	H2O Combo
8:30 am	STOTT PILATES	Hi-Lo		Hi-Lo	STOTT PILATES
8:45 am	Boot Camp		Cycling		Boot Camp
12:00 pm	CrossFit		CrossFit	CrossFit	CrossFit
2:00 pm	Rusty Hinges		Rusty Hinges		
4:45 pm	Boot Camp	Cycling			
5:30 pm	TRX CrossFit	Cardio Sculpt CrossFit Aqua Lo	Kickboxing CrossFit	Kettlebell CrossFit Aqua Lo	
6:15 pm		PILATES Barre		PILATES Barre	

Upstairs Aerobic Room

Pool

AMU Youth GYM

**See back for rates and descriptions**

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

**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.

**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 high energy workout that can be adjusted to all fitness levels. Build stamina, improve coordination and flexibility. Join us for this fun and challenging workout.

**Power Core**— Unique full body workout using the medicine ball. The class will challenge your strength and agility as well as endurance and stamina. This is an excellent class for all fitness levels.

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

**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.

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

**Aqua Blast:** A high energy water aerobic workout! Works on all muscle groups for an intense overall body workout. Enjoy both shallow and deep water to strengthen and tone.

**Aqua Low:** Participants will enjoy light aerobic exercise in both shallow and deep water. Special emphasis is on stretching, toning and increasing cardiovascular fitness.. Non-swimmers welcome!

**H2O Combo:** Early morning class for an energy boost! This class will have a combination of high and low energy water aerobics.

**Rusty Hinges:** Excellent exercise in the water for those with joint ailments and muscular deficiencies. Water based, adaptive exercise program geared toward increasing strength, range of motion, and toning.

**Stretch & Strengthen:** A low impact class designed to improve joint and muscle flexibility, balance, coordination, and strength.

**CrossFit Fees:** All participants are required to complete a foundations class. Class is \$15.00. (Will be credited towards first month of classes upon completion)

Drop in fee \$10 - 10 class punch card \$80.00

Member Unlimited \$50.00/month Non-Member Unlimited \$90.00/month

Member 2X/week \$30.00/month Family Unlimited (2 people) \$85.00/month