



Algona Family YMCA

Class Schedule May 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	Cycling CrossFit	Body Sculpt CrossFit Aqua Blast	Cycling CrossFit	Boot Camp Aqua Blast	TRX CrossFit
7:30 am	H2O Combo	Strength & Strengthen	H2O Combo	Strength & Strengthen	H2O Combo
8:30 am	STOTT PILATES	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		20/20		
5:30 pm	TRX CrossFit	CrossFit Aqua Lo	CrossFit	Kettlebell CrossFit Aqua Lo	
6:15 pm	CrossFit	CrossFit	CrossFit		
7:00 pm				Yoga	

Upstairs Aerobic Room

Pool

AMU Youth GYM

See back for rates and descriptions

Member Single Class Pass \$3 ~ Member only 5 class punch card \$15.00
Member Unlimited land classes \$13.00/month Member Unlimited Water classes \$18.00/month
Unlimited Both! \$25.00
Non-Member Single Class Pass \$9

Class Descriptions

20/20— A combination of 20 minutes of cycling and 20 minutes of core. Attend one or both!

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 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.

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.

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.

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.

Strength & 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