



# Algona Family YMCA

## September 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	TRX CrossFit
7:30 am	H2O Combo	Stretch & Strengthen	H2O Combo	Stretch & Strengthen	H2O Combo
8:30 am	STOTT PILATES				STOTT PILATES
8:45 am	Boot Camp		Cycling		Boot Camp
12:00 pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
2:00 pm	Rusty Hinges		Rusty Hinges		
4:45 pm	Boot Camp				
5:30 pm	Toy Store CrossFit	TNT CrossFit Aqua Lo	CrossFit Water Boot Camp	TRX/Kettlebell CrossFit Aqua Lo	

Upstairs Aerobic  
Room

Pool

AMU Youth  
GYM

**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.

**Body Weight Blast**—Simple and effective; no toys, no excuses, only results.

**Crunch, Pump, Jab** – A class with ab exercises for the core, weights to tone & punches, kicks, and jabs for total body sculpting.

**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.

**Lunch Crunch** – An intense 30 minute class to work the core and all major muscles.

**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.

**Toy Store**— A full body workout using a variety of equipment to enhance your workout.

**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.

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

**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