



Le Mars Physical Therapy SUMMER Fitness Schedule!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6:00-6:45 AM: Move It Monday— If it is a nice morning out, we are heading outside for a “walk,” a walk in quotes because it won’t be just any walk. We will be incorporating various upper and lower body exercises, as well as core exercises along the way. A little interval training will be included to get our heart rate boosted!</p>	<p>By Appointment: Personal Training— Hour long or 1/2 hour long one-on-one session either at your gym, in your home, or at the LPT gym with Jenelle, exercise program included. \$40 for hour long sessions \$20 for 30 minute sessions</p>	<p>6:00-6:45 AM: Stretch & Tone Cardio Circuit— Stretch training, toning, and cardio all combined into a circuit for an overall awesome workout!</p>	<p>By Appointment: Revive— Revive is designed to meet the needs for those with a chronic disease through low impact exercises. Regular exercise has been proven to help greatly if you live with chronic disease conditions. *\$40 for a 10 time punch card</p>	<p>FIRST class is FREE Refer a friend, they purchase a card, get 2 FREE classes \$50 for 10 Day Punch Card \$100 for 21 Day Punch Card</p>
<p>7:30-8:30 AM: Cardio, Coffee, & C.A.K.E.— The ladies of this class requested this title! There will be cardio with the occasional coffee day thrown in, and C.A.K.E. which doesn't stand for the edible kind, sorry! In this class it stands for Crunches, Arms, Kickboxing, and Endurance all of which will be incorporated into this class! The ladies did create an acronym for C.O.F.F.E.E though which is: Classy Old Females Faking Exercise Enthusiasm!...needless to say, by this class description, we have a lot of FUN!</p>		<p>7:30-8:30 AM: Walk It Wednesday— If it is a nice morning out, we are heading outside for a “walk,” a walk in quotes because it won’t be just any walk. We will be incorporating various upper and lower body exercises, as well as core exercises along the way. A little interval training will be included to get our heart rate boosted!</p>		<p>7:30-8:30 AM: Stretch & Tone Cardio Circuit— Stretch training, toning, and cardio all combined into a circuit for an overall awesome workout!</p>
<p>9:00-10:00 AM: Interval Insanity— This class will push your body with intense intervals. Interval training burns a ton of calories and keeps your metabolism up for up to 24 hours.</p>	<p>5:10-5:55 PM: Trail Tuesday— If it looks to be a nice day outside, we will head out and hit the trails. Strapping on ankle weights or grabbing arm weights along the way, we will walk/jog our way through the trail while incorporating various upper and lower body exercises along the way! Great way to get some fresh air and Vitamin D!</p>	<p>9:00-10:00 AM: Walk It Wednesday— If it is a nice morning out, we are heading outside for a “walk,” a walk in quotes because it won’t be just any walk. We will be incorporating various upper and lower body exercises, as well as core exercises along the way. A little interval training will be included to get our heart rate boosted!</p>	<p>5:10-5:50 PM: Stretch & Tone Cardio Circuit— Stretch training, toning, and cardio all combined into a circuit for an overall awesome workout!</p>	<p>9:00-10:00 AM: Cardio Circuit— Whether it’s cycling, running steps, lunging, planks, bench press, you will be guaranteed a great workout and each Friday will have totally different stations for a great variety each time!</p>

Schedule starts Monday, June 5th!