

## Class Descriptions

**If weather permits and class style permits, classes may be taken outside to the Sports Park field turf/tennis area**

**Athletic Edge—Intermediate to Advanced:** Please refer to Cycling Studio schedule for details.

**Balance BARRE—All Levels:** A 30-minute option for seniors. The class will focus on exercises designed to improve lower body strength and balance.

**Body BARRE—All Levels:** A classic, 45-minute Barre class features exercises that will work your entire body.

**Bone Building—FULL:** A Class taught and organized through our Physical Therapy department. Class is currently full. Contact the PT Clinic window for next openings. Location varies.

**Bottoms Up - All Levels:** A 30 minute class that focuses working on your lower body and core. Class offered October through Memorial Day.

**Build and Burn - All Levels:** An interval training class that utilizes steps, dumbbells and gliding discs. Class offered October through Memorial Day.

**Core - All Levels:** Not just crunches anymore! This 15 minute class will target and strengthen the entire core.

**\* Cycling - All Levels:** Group cycling workouts in our Cycling Studio. Please refer to the Cycling Studio class schedule.

**F.A.S.T. Functional-Athletic-Strength-Training - All Levels:** Class emphasizes basic full body movements to gain muscle strength and power. A mix of equipment including use of battle ropes, kettlebells, medicine balls and sandbells.

**Fitness Yoga - All Levels:** Enjoy basic yoga postures and exercises that will help improve flexibility, balance, and strength.

**Hula Hoop, Hoop It Up - All Levels:** Learn how to hula hoop and turn it into a fun workout to use your core.

**\* IronWorks - All Levels:** This class combines weights, music and instructor motivation to keep your body moving and your energy level high. Reserve your spot up to 48 hours in advance.

**Karate- All Levels:** Please refer to Shotokan Karate brochure.

**Kids Fit & Fun- All Levels:** This class is for children ages 2-5. Parents/grandparents are welcome and encouraged to participate OR you can go get your own workout in!

**Mat Pilates - All Levels:** Come for the most comprehensive core workout you have ever experienced. No prior sign up required. Please bring your own mat and towel to class.

**Metabolic Blast- All Levels:** A high-energy time-efficient cardio and strength class. Class is broken down into segments of quick, continuous cardio drill mixed with upper and lower body strength work.

**\$ Outdoor Basic Training —All Levels:** An 8-week class that runs in sessions during the summer months. This class is held outdoors. A fully refundable fee applies to this class if you attend 75% of the classes. Second session begins July 12

**\$ Pilates on the Arc: All Levels:** No prior pilates experience necessary. See Pilates schedule. Sign up at the front desk.

**Power BARRE—All Levels:** A high-energy 30 minute class that will literally kick your butt.

**\$ RC N.O.W. All Levels:** This is No Ordinary Workout! FRESH workout routines involving kickboxing, plyometrics, strength training and more! We will keep you moving continuously to improve your overall strength and cardiovascular fitness. No Ordinary Workout! Sign up at the front desk.

**SilverSneakers®** - refer to the SilverSneakers® schedule. Open to all members, designed for seniors.

**Step—All Levels:** A class that offers heart pumping workouts. Be a part of what makes the "Step"— a tried and true- great workout.

**Step and Swing - Beginner:** This class helps get your cardio training in as you learn simple step/aerobics patterns. Class geared towards the beginner and seniors.

**Stretch and Relax - All Levels:** Stretching to relaxing music to improve range of motion and prevent injury.

**TABATA - Intermediate/Advanced:** A 20 minute short but addictive interval training class. 20 seconds of work, followed by 10 seconds of rest. Maximal effort, maximal results!

**Tai Chi - All Levels:** This class helps to reduce stress and improve balance. Class focuses on proper breathing and form.

**\* TRX Suspension Training Classes- All Levels:** Please refer to the TRX Class schedule. FREE with your membership.

**\$ Tae Kwon Do- All Levels:** Offered by Ultimate Tae Kwon Do. An additional fee of \$15.95 per month.

**ZUMBA® - All Levels:** Ditch the workout! Join the party! ZUMBA combines high energy and motivating music with moves that allow the participants to dance away their worries.

**ZUMBA Gold® - All Levels:** A lower intensity ZUMBA class designed for active older adults, deconditioned participants or other populations that need modifications. An absolute blast!

**Key to symbols:** \$ = A fee applies to class. \*= Sign up at the front desk or by calling 295-2552 to guarantee your spot in class. A \$3 plus tax "no show" fee applies if you do not cancel & do not show.

**For questions contact Brenda Cloud, Program Manager at [Brenda.cloud@rockwellcollins.com](mailto:Brenda.cloud@rockwellcollins.com) or 319.295.0039**

Rockwell Collins Rec Center

## Group Fitness Class Schedule

June 1, 2016



### Normal Business Hours

Monday-Thursday	5:00 am-10:00 pm
Friday	5:00 am-9:00 pm
Saturday-Sunday	7:00 am-7:00 pm

Now open 24/7 with minimal services available in the overnight hours.

### BABYSITTING HOURS

Monday-Friday	9:00 am-1:15 pm
Monday-Thursday	4:00 pm-7:30 pm
Saturday	8:00 am-Noon

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Time / Day	MONDAY Fitness Classroom	MONDAY High Court	TUESDAY Fitness Classroom	TUESDAY High Court	WEDNESDAY Fitness Classroom	WEDNESDAY High Court	THURSDAY Fitness Classroom	THURSDAY High Court	FRIDAY Fitness Classroom	FRIDAY High Court	SATURDAY Fitness Classroom	SATURDAY High Court	SUNDAY Fitness Classroom & High Court	Time / Day
5:25-6:10 AM or 5:30-6:15 AM	Morning Madness Brad	\$ RC NOW 5:30-6:15 AM Nancy	*IronWorks Nancy	\$ RC NOW 5:30-6:15 AM Sandy		\$ RC NOW 5:30-6:15 AM Tonya	*IronWorks Chris N resumes Sept. 1	\$ RC NOW 5:30-6:15 AM Tracey		\$ RC NOW 5:30-6:15 AM Karla				5:25-6:10 AM or 5:30-6:15
6:15-6:30 AM				\$OBT Brad OUTSIDE 5:30-6:15				\$OBT Brad OUTSIDE 5:30-6:15						6:15-6:30 AM
6:30-7:15 AM		\$ RC NOW Nancy		\$ RC NOW Tracey		\$ RC NOW Nancy		\$ RC NOW Tracey		\$ RC NOW Tracey				6:30-7:15 AM
7:30-8:00 AM	Stretch & Relax Robin				Stretch & Relax Robin				Stretch & Relax Brenda					7:30-8:00 AM
8:05-8:35 AM or 8:05-9:05 AM	Step & Swing 8:05-8:35 Robin				Step & Swing 8:05-8:35 Robin				Step & Swing 8:05-8:35 Brenda		*IronWorks followed by CORE Deb J 8:05-9:05 AM	\$ RC NOW 8:00-8:45 Staff	STEP Tracey 8:15-9:00 AM	8:05-8:35 AM or 8:05-9:05 AM or 8:15-9:00 AM
9:05 AM-9:50 AM	ZUMBA Gold# Shiho				ZUMBA Gold# Amy V					ZUMBA Gold# Amy V		STEP Chris N	*IronWorks Tracey	9:05 AM-9:50 AM
9:20-10:20 AM		*IronWorks followed by CORE Deb J	Fitness Yoga Brenda & Angela			*IronWorks followed by CORE Nancy	Fitness Yoga Bonnie & Sandy		Fitness Yoga Brenda & Sandy		Fitness Yoga Staff	Core Chris N 9:50-10:05	OUTDOOR Fitness Yoga Shiho	9:20-10:20 AM
9:55-10:40 AM or 10:00-10:30 AM				10-10:45 AM Bone Building FULL Class location varies	Hula Hoop 10-10:30 Shiho			Balance Barre 10:00-10:30 Angela						9:55-10:40 AM or 10:00-10:30 AM
10:30-11:15 AM	ZUMBA Chris G	Body BARRE Bonnie	Mat Pilates Bonnie		ZUMBA Char		Kids Fit 'N Fun 10:30-11 Lindsay							10:30-11:15 AM
11:30 AM -12:15 PM		\$ RC NOW Lonna	*IronWorks Tracey	\$ RC NOW Heidi		\$ RC NOW Robin		\$ RC NOW Robin	*IronWorks Chris G	\$ RC NOW Lonna				11:30 AM-12:15 PM
12:10-12:55 PM	OUTDOOR Fitness Yoga Brenda				OUTDOOR Fitness Yoga Amy V									12:10-12:55 PM
12:20-1:00 PM or 12:20-12:40 PM				Step Katie		TABATA 12:20-12:40 Robin		Step Julie	ZUMBA Char					12:20-1:00 PM or 12:20-12:40 PM
4 PM, 4:30-5:15 PM or 5:00 PM	OUTDOOR TABATA Shiho 5-5:20 PM	\$ RC NOW Tracey 4:30	Power BARRE 5-5:30 PM Katie	\$ RC NOW Tracey 4:30	Bottoms Up resumes October 1	\$ RC NOW Tracey 4:30		\$ RC NOW Lonna 4:30		\$ RC NOW Robin 4:30			OUTDOOR ZUMBA 4-4:45 Shiho	4 PM, 4:30-5:15 PM or 5:00 PM
5:35-6:20 PM	*IronWorks Chris G	Step Chris N	ZUMBA Amy V	Metabolic Blast Jessi	Fitness Yoga Angela & Chris 5:35-6:35 PM	OUTDOOR *F.A.S.T. Dixie	ZUMBA Char resumes October 1	Build and Burn Janet resumes October 1						5:35-6:20 PM
6:20-6:35 PM	Core Chris G			Core Jessi		OUTDOOR Core Dixie		Core resumes October 1						6:20-6:35 PM
6:30-7:30 or 6:40-7:40 PM	Fitness Yoga 6:40 Leslie		Shotokan Karate 6:40-7:40		Tai Chi Bill 6:40-7:40 PM		Shotokan Karate 6:40-7:40	TABATA resumes October 1	Tai Chi Bill 6:40-7:40 PM					6:30-6:50 or 6:40-7:40 PM
7:30-8:30 PM		\$ Tae Kwon Do						\$ Tae Kwon Do						7:30-8:30 PM

\* = Sign up at the front desk by calling 295-2552 to reserve. A \$3 "no show" fee applies.  
 \$ = Class requires an additional fee.

## Cycling Studio Class Information

**Athletic Edge—Intermediate to Advanced:** A 75-minute class that will improve your cardiovascular fitness with interval training to improve your running and cycling skills. The class is designed for runners, cyclists, triathletes. Class focuses on training variables to improve your fitness and performance. Class is held outdoors except during the winter months and focuses entirely on improving your running.

**Cycling—All Levels:** A 45-minute group workout on studio cycles. Classes will focus on steady-state training, hillwork and interval training. Wear your heart rate monitor if you have one.

**High Tech Cycling - Intermediate to Advanced:** A 75-minute workout. Your instructor utilizes cycling training DVD's designed to improve your cycling skills. Geared towards cyclists and triathletes but all will enjoy who are looking for a longer workout! Please note that you do not have to stay for the entire class to participate unless there is a waiting list. Offered October through mid-May.

**Morning Madness—All Levels:** A class designed to give you a killer cross training workout. Class meets on basketball court #1.

### *Things to enhance your cycling experience!*

**LOOK FOR: Cycle Tour:** Instructors add scenery to your cycling workout by projecting virtual reality DVD journeys on the front wall of the cycling studio. Your workout time will fly by as you envision traveling to places such as St. Croix, US Virgin Islands, Puerto Rico, Colorado and more!

**\*Cycling Reservations:** You do not have to make a reservation but it is encouraged to guarantee that you have a cycle for class. Rec Center members can reserve a cycling bike for all classes held in the Cycling Studio by signing up at the front desk or by calling 295-2552. If you are more than five minutes late for the start of class, you will forfeit your cycling bike if there is a waiting list. A \$3 plus tax "no show" fee applies. Participants are asked to bring a water-bottle and a towel to class.



## Class Descriptions

If weather permits and class style permits, classes may be taken outside to the Sports Park tennis area.

### TRX 101

Learn the basics of the TRX training system by setting up an appointment at the front desk with our fitness staff. Learn how to adjust the straps, terminology and all the tips on how to get the most out of your TRX experience.

### TRXtreme Intermediate/Advanced

Tired of the same old workout? This class will challenge your entire body with exercises utilizing the TRX, BOSU, medicine balls, bands and much more. New varieties will come every week.

### TRX Body Blast

Engage all your muscles with this non-stop TRX workout! Build overall strength, balance and flexibility with this total body class. This non-stop format is designed to have you leaving sweat on the floor.

### TRX HardCORE

Put your core to the test with this intense class featuring Pilates, TRX and other full body exercises. Come get that HardCORE you have always wanted.

**Reserve your spot up to 48 hours in advance at the Front Desk. If you sign up and do not show up you will be assessed a \$3 "no show" fee plus tax.**

**For questions contact Brenda Cloud, Program Manager, at [Brenda.Cloud@rockwellcollins.com](mailto:Brenda.Cloud@rockwellcollins.com)**

Rockwell Collins Rec Center

## Cycling Studio Schedule TRX Suspension Training

June 1, 2016



### Normal Business Hours

Monday-Thursday 5:00 a.m.-10:00 p.m.  
Friday 5:00 a.m.-9:00 p.m.  
Saturday-Sunday 7:00 a.m.-7:00 p.m.

**NOW open 24/7 with minimal services available in the overnight hours.**

### BABYSITTING HOURS

Mon-Fri 9:00 a.m.-1:15 p.m.  
Mon-Thurs 4:00 p.m.-7:30 p.m.  
Saturday 8:00 a.m.-12:00 p.m.

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Time / Day	MONDAY Cycling Studio	MONDAY TRX	TUESDAY Cycling Studio	TUESDAY TRX	WEDNESDAY Cycling Studio	WEDNESDAY TRX	THURSDAY Cycling Studio	THURSDAY TRX	FRIDAY Cycling Studio	FRIDAY TRX	SATURDAY Cycling Studio	Time / Day
5:25-6:10 AM	Morning Madness Brad		*Cycling Greg	*TRXtreme Allen intermediate/ advanced	*Cycling Tracey	*TRX Body BLAST Allen		*TRXtreme Allen intermediate / advanced	*Cycling Brad			5:25-6:10 AM
6:15-6:30 AM												6:15-6:30 AM
7:15-8:00 AM											*Cycling cancelled for summer: resumes October 1	7:15-8:00 AM
8:05-8:50 AM											*Cycling cancelled for summer: resumes October 1	8:05-8:50 AM
12:10-12:55 PM	*Cycling Jeff			*TRX Hard Core Bonnie	*Cycling Jeff			*TRX Body BLAST Lindsay		*TRX OUTDOOR Body BLAST AI		12:10-12:55 PM
5:15-6:30 PM			Athletic Edge Brenda				*High Tech Cycling cancelled for summer resumes October 1					5:15-6:30 PM
5:30-6:15 PM	*Cycling Bob	*TRXtreme Dixie intermediate/ advanced			*Cycling AI	*TRX Body Blast Kristy		*TRXtreme OUTDOOR Jessi intermediate /advanced				5:30-6:15 PM

\* = Sign up at the front desk by calling 295-2552 to guarantee your spot in class. A \$3 "no show" fee applies.