

# Rockwell Collins Recreation Center Programs and Services



**MOVE** Better. **FUEL** Better. **LIVE** Better.

Empowering our members to lead healthier and more fulfilling lives.

- Our Mission Statement

Working together to help you discover the best programs and services to help you Move Better, Fuel Better, and Live Better.

Thank you for choosing to make the Rockwell Collins Rec Center YOUR fitness center.

# Table Of Contents

## General Information

General Facility Rules and Guidelines .....	4-5
Member Benefits .....	6-8
Membership Fees .....	9
Payment Methods and Other Fees .....	10
Guests/Visitors/Spectators .....	11

## Children and Youth Programming and Services

Rec Room Babysitting .....	12-13
Kids Fit 'N Fun Class .....	14
Quality Time .....	14
Youth Member General Information .....	15
WATTS Training Program .....	15

## Adult Programming and Services

Functional Movement Systems (FMS).....	16
Know Your Numbers .....	17
Motivational/Incentive Programs and Events.....	18-20
Nutrition & Health Coaching .....	21
Personal Training .....	22
Physical Therapy .....	23
Sports .....	24-26
Weight Training .....	27

## Senior Programming and Services

Senior General Information .....	28
Senior Events .....	28
Senior Group Fitness Classes .....	29
SilverSneakers® Classes .....	29

## Group Fitness Classes

Dance & Fun Classes .....	30
Functional Movement Classes .....	30
High Intensity Classes .....	31
Mind/Body Classes .....	31
Pilates Program .....	32
Muscle Toning Classes .....	33
Cross Training Classes .....	33
RC N.O.W. ....	34
Martial Arts .....	35
WEXER Virtual Fitness.....	35



## Facility Hours

### Regular Business Hours:

Monday-Thursday: 4:00 AM-11:00 PM

Friday: 4:00 AM-9:00 PM

Saturday-Sunday: 6:00 AM-8:00 PM

## Facility Guidelines

### Check-In

All members are required to present their Recreation Center photo ID card or key fob at the Front Desk for admission to the facility. When entering through the north door, members are required to stop at the Front Desk to complete the check-in process. All members, league participants, spectators, visitors and vendors are required to check in at the Front Desk. Guests are not permitted to enter through the north door, even if entering with a member.

### Member Dress Code

Proper, freshly laundered gym attire is required. Closed-toe athletic shoes must be worn in the cardiovascular and weight areas. Non-marking shoes must be worn on the wood courts. Athletic shoes should be free of sand, rocks, debris and anything that can damage equipment and flooring, including, but not limited to cleats or spikes. It is recommended that you change into your athletic shoes once in the facility. For personal safety and health reasons, we suggest wearing shower shoes or flip flops in the locker room. T-shirts and other clothing with offensive language may not be worn. All shorts must properly cover the waistline and thigh in the front and back. Shirts must be worn at all times while on the workout floor, courts and in the lounge. Please refrain from use of fragrant personal products while using the facility.

### Stroller Policy

Strollers can be used on the track in the High Court from 9:00-11:00 AM and 1:00-3:00 PM, as long as there is not heavy track or court usage. The individual pushing the stroller must walk single file to allow other members using the track to pass safely and easily.

### Equipment Cleaning

To help keep the Rec Center clean, spray bottles with a disinfectant solution and towels are located in convenient locations around the facility for cleaning equipment. Be sure to clean machines and equipment after using them. To protect the electronics and prolong the life of the machine, please spray the disinfectant on the towel before wiping the equipment instead of spraying the solution directly on the controls of the equipment.

### Cell Phone and Camera Usage

Photographing or videotaping of individuals or groups within the Rec Center or Sports Park without specific permission is strictly prohibited. In addition, we ask that you be respectful of others when using your phone in the facility.

The use of cellphones and any video enabled device, including cell phones, iPads, iPods, etc., is prohibited in locker rooms. These devices must be stowed at all times while in the locker room.

### Smoking and Alcoholic Beverages

Alcoholic beverages are not allowed in the Rec Center or on Rockwell Collins' company grounds. We are a tobacco free campus. Smoking is prohibited in all areas of the Rec Center and Rockwell Collins' buildings and grounds without exception. Although tobacco products may be stored in your personal vehicles, the use of tobacco products is strictly prohibited while your vehicle is on company property. The use of tobacco products is defined as smoking, chewing, use of electronic cigarettes or snuffing of tobacco in all forms. Littering of tobacco products on company premises is prohibited. Members who do not comply will be subject to disciplinary action and/or state-enforced penalties and membership privileges could be jeopardized.

# General Rules and Guidelines

## About the Rec Center:

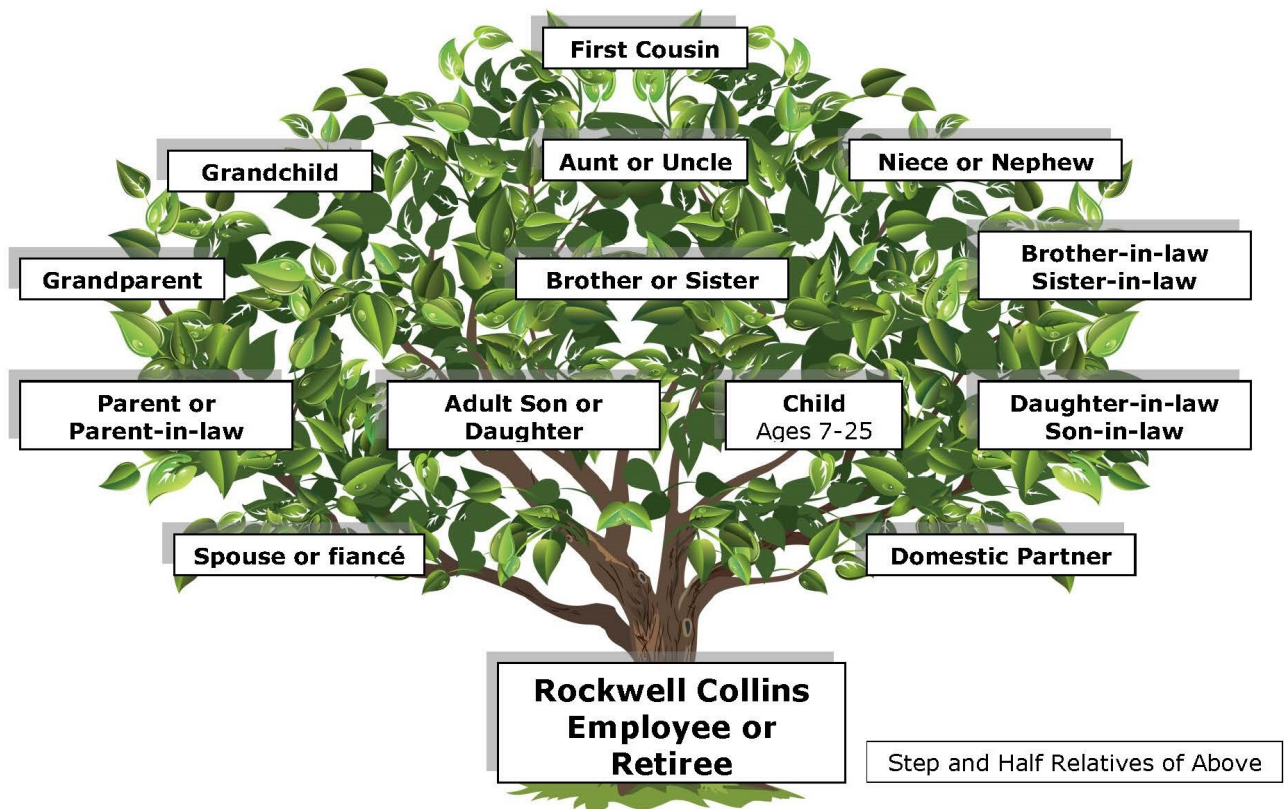
The Rockwell Collins Recreation Center is located in northeast Cedar Rapids on the Collins Road Rockwell Collins campus. The Rockwell Collins Recreation Center is a 60,000 square foot multi-purpose corporate fitness facility, providing an invaluable benefit to employees, retirees and their families.

Match Play Tennis Centers, Inc. is a contract management firm that has operated the Rockwell Collins Recreation Center since it opened in April 1986.

The Rec Center became Blue Zone Worksite Certified in July 2014.



## Rockwell Collins Recreation Center Eligibility



Rockwell Collins Badged Contractor		
Spouse	Domestic Partner	Child (Ages 7-25)

### Knowledgeable Certified Staff

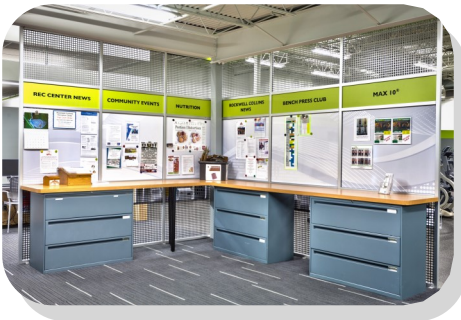
The Rec Center Fitness Staff will always provide you with professional “workout” coaching and instruction tailored to your own fitness needs and goals. The Rockwell Collins Rec Center Fitness Team is highly educated and experienced in physical fitness. All Exercise Physiologists hold a Bachelor’s Degree in an exercise science field. All Personal Trainers have current personal training certifications.

### Free New Member Consultation

We recommend all new members attend a 30-60 minute new member consultation with an Exercise Physiologist or Club Monitor. The consultation covers equipment usage, programs and Rec Center regulations. This appointment is a great time to discuss your personal fitness goals and schedule appointments for additional services (see page 8).

### Communication - Always know what’s going on!

- Newsletter - If you provide us with an email address, you will receive our monthly newsletter plus information on upcoming activities and events via email.
- Check our website! [www.rockwellcollinsrecenter.com](http://www.rockwellcollinsrecenter.com)
- The Information Center, centrally located near the Front Desk, provides updated information on Rec Center news, events, programs, leagues, challenges, group fitness and more.
- Stay up to date by following the Rockwell Collins Recreation Center Facebook page!
- Follow us on Instagram: [@rockwellcollinsrecenter](https://www.instagram.com/rockwellcollinsrecenter)
- Follow us on Pinterest: [www.pinterest.com/rcrecenter/](http://www.pinterest.com/rcrecenter/)
- Get the **Rec Center App** to check in, easily see the group fitness schedule, join challenges, see deals, record workouts, make goals and more! Just search Rockwell Collins Rec Center in your App Store or Google Play and download the app for free!

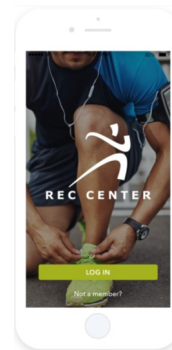


Com-

We welcome any feedback you may have! Fill out a comment card and place it in the comment box located at the Information Center.



ment



Box

out a comment card and place it in the comment box located at the Information Center.

### Referral Program

When a member refers someone to the Rec Center for membership, they will receive a gift after the new member has remained an active member for four months. The following rules apply:

- When the member joins, they must indicate they were referred by you.
- Referred members cannot have been a member at the Rockwell Collins Rec Center in the past. For this promotion, referred members cannot be participants in the SilverSneakers® or Silver & Fit programs.

After the new member has remained active for four months at the Rockwell Collins Rec Center, you will receive your choice of either a gym bag or backpack. These two items are on display at the Rec Center.

Member referral program cannot be combined with other offers, promotions or discounts.

## Coffee

Complimentary coffee is available Monday through Friday in the Rec Center Lounge.



## Towel Service

The Rec Center provides complimentary towel service. Sweat and shower towels are provided. Both may be picked up at either end of the Front Desk upon entering. Once finished, please return towels to the dirty towel bin to be washed. The towels bins are located outside the locker rooms and near the High Court entrance.

## Lockers

Complimentary lockers are available for members to use during their workout in the facility. Male members must provide their own locks for daily use. Padlocks, combination and key locks are available for sale at the Front Desk. Any padlocks left on non-rental lockers at the end of the day will be cut off. Locker contents will be left at the Front Desk for two weeks for members to claim. A limited number of lockers are available in the High Court for rental at the rate of \$5 plus tax per month.

Another locker option available to members are the mini lockers with resettable combinations. This is a great option for members who need to store small items such as keys, wallets and cell phones while they complete their workout. These lockers are located on the wall beyond the Front Desk and Physical Therapy entrance.

## Saunas

The Recreation Center provides dry-heat saunas in both the men's and women's locker rooms!

## Free Services

### Member Fitness Programming

Need direction on how to begin or enhance your fitness program? Our Exercise Physiologists and certified trainers will create a program tailored to your needs. Whether you are just starting out, training for an event or thinking about competing in a body building competition, our Fitness Staff are here to help!

### Body Composition

Measure your lean muscle mass to body fat mass by using a bio-electrical impedance scale, skinfold and/or circumference (tape) measurements.

### Fitness Assessment

Tracking progress is key to improving your fitness level. The Fitness Assessment is a great place to start. The 45-60 minute test assesses cardiopulmonary work capacity, musculoskeletal strength along with endurance, flexibility and body composition.

### Exercise Prescription

The Exercise Physiologists can use your Fitness Assessment results to tailor an exercise prescription to improve your fitness level and achieve your specific goals. You will be on your way to achieving the results you have established with your trainer!

## Motivational and Incentive Programming

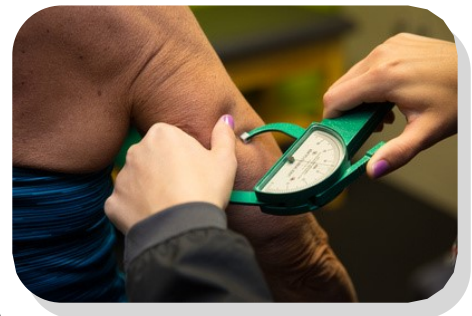
### Bench Press Club

Test your strength and percentage of your body weight you are able to lift in the bench press on a quarterly basis (January, April, July and October). Categories are by age and gender.

### Rec Center Records

Do you have what it takes to be a record holder? Compete for the title in up to eight different events. Categories are by age and gender. See page 19 or a staff member for more information.

Ongoing Programming and Challenges  
See pages 19-21 for more details.





# Membership Fees

## Rockwell Collins Employee/Retiree and Immediate Family Members

Immediate Family rates apply to Rockwell Collins Employees and Retirees who sponsor their immediate family including spouse or domestic partner and children ages 7-25.

- One member \$27.27 (monthly)
- Two members \$54.54 (monthly)
- Three members \$73.73 (monthly)
- Four or more members \$83.83 (monthly)
- Youth option (7-11 years) \$90.90 (6 month rate)

## Extended Family/Contractor Rates

Extended Family rates apply to the following family members of Rockwell Collins Employees and Retirees: adult children who have set up their own household or are over the age of 25, daughter-in-law, son-in-law, brother, brother-in-law, sister, sister-in-law, parent, parent-in-law, aunt, uncle, niece, nephew, first cousin, grandchild and spouses of aforementioned individuals.

Contractor - Rockwell Collins badged contractors may sponsor their spouse or domestic partner and children ages 7-25.

- One member \$33.33 (monthly)
- Two members \$66.66 (monthly)
- Three members \$91.91 (monthly)
- Four or more members \$108.07 (monthly)
- Youth option (7-11 years) \$103.02 (6 month rate)

## Retirees Rates

- Rockwell Collins Retiree *Restricted*\* \$15.15 (monthly) or \$90.90 (6 month rate)
- Rockwell Collins Retiree Unrestricted \$27.27 (monthly) or \$163.62 (6 month rate)
- Retiree *Restricted*\* (62 and older) \$18.18 (monthly) or \$109.08 (6 month rate)
- Retiree Unrestricted (62 and older) \$33.33 (monthly) or \$199.98 (6 month rate)

\**Restricted* during the following hours:

Monday-Friday 5:00-7:00 AM and Monday-Thursday 4:00-10:00 PM. See page 33 for more information on retiree plans.

Note: Family plan rates apply to immediate family, immediate family is considered spouse or domestic partner and children ages 7-25. Family plans must be paid for by a single payment method. (See rates indicated above).

Note: Family definition includes in-laws, step or half relatives.

## Other Membership Fees

- Enrollment Fee - \$30 plus tax for new and returning members (when gone for 12 months or more)
- ID Fee/Replacement ID card - \$5 plus tax
- Back dues, if rejoining within one year of cancellation (does not apply to Rockwell Collins employees) up to \$95 plus tax.
- Flex Fit Membership - Rockwell Collins employees may join and leave as they please. Pay a \$20 plus tax administration fee each time they re-enroll within one year of leaving, otherwise enrollment fee applies.
- Summer and Holiday Student memberships are available
- Shower only membership - \$15 per month (includes tax)
- Monthly passes may be purchased for eligible non-members at the rate of \$37.37 for Rockwell Collins Employees, Retirees and Immediate Family or \$43.43 for Extended Family Members/Contractors.

## Convenient Payment Methods

### Automatic Bank Withdrawal

Payment made monthly from your checking or savings account. If you will be making your payment through automatic bank withdrawal, please have your bank information available including bank name, routing number, account number and a voided check.

### Payroll Deduction

Available to Rockwell Collins employees and their immediate family members only.

### Cash, Check, or Credit Card

For Retiree memberships and short-term student memberships only. Full payment is required at registration. We do not currently offer monthly credit card payments as a payment method.



## Rejoining

If the member rejoins within a 12-month period, they must pay either back dues to their date of separation or \$95 plus tax (the lesser amount). No back dues are owed if the individual has not been a member for over 12 months. A former member can rejoin as long as they still have an avenue of eligibility. An enrollment fee applies to new members and members rejoining after one year of cancellation\*. (See membership fees on page 9).

\* Rockwell Collins Employee members may take advantage of the Flex Fit membership which allows them to join and leave as they please with just an administration fee when rejoining within one year. (See membership fees on page 9).

## Cancellation Policy

All members must complete membership cancellation and payment cancellation forms at the Front Desk of the Recreation Center to initiate the cancellation process. No refunds will be granted for memberships that are paid for in full, for a set period of time. All payroll deduction and bank withdrawal memberships will continue indefinitely until the cancellation form is completed. All balances due must be paid in full and all contract minimum time commitments, if applicable, must be fulfilled prior to cancellation. All cancellations are effective on the last day of the calendar month. Please check your bank accounts to verify.

## Other Fees:

### Replacement Membership ID Cards:

Photo ID Card: \$5.00 plus tax

Key Fob ID Card: \$1.00

### Late Closing Fee:

All members must be out of the building prior to the posted closing time. For the first offense, a warning will be issued. For the second or later offenses, a \$1.00 (plus tax) per minute fee will be assessed for each minute after the posted closing time the member remains in the building.

# Guests, Visitors, and Spectators

## Be Our Guest!

Members who are 16 years and older have the privilege of sponsoring guests to the Rockwell Collins Recreation Center. All guests entering the facility must use the Front Desk entrance even when accompanied by a member. Members may bring up to three guests per visit. All guests are required to check in at the Front Desk.

Daily Guest Fee - \$6 plus tax

Active Military Guest Fee - \$3 plus tax

## General Guest Guidelines

- Guests must be at least 7 years old.
- Guests must check-in at the Front Desk and sign the guest waiver at the time of their visit.
- Any guest under the age of 18 must have the waiver signed by a parent or legal guardian 18 years of age or older.
- Guests 16 years and older must present a valid guest pass signed by a member sponsor to use the Rec Center when unaccompanied by a member.
- All non-eligible guests (see page 5 for the Rec Center Membership Eligibility Tree) must be accompanied by a member when using the facility.
- Member sponsors are responsible for the conduct of their guests. Guest and/or member privileges may be revoked based on misconduct or failure to follow Recreation Center policies.
- Rockwell Collins employee non-members may sponsor themselves or immediate family members (i.e. spouse and children) as a guest to the Recreation Center. (Guest guidelines apply)
- Each guest is limited to 12 visits per year. One year is considered 12 months from the first visit.
- Guests may not make court and class reservations in advance.
- All children under the age of seven must be admitted into the babysitting room, except when participating with an adult in the Quality Time program (see page 14).



## Guests 7-15 years of age

- A parent or legal guardian is required to sign the waiver.
- Guests 7-15 years of age must be accompanied by a member or an adult 18 years or older who is eligible for membership (see page 5 for the Rec Center Membership Eligibility Tree).
- Youth guests ages 7-11 years are required to wear an orange jersey during their visit.

## Guests 16-17 years of age

- A parent or legal guardian is required to sign the waiver.
- Eligible guests, 16 years and older may be unaccompanied by a member while using the facility with a valid guest pass signed by a sponsor.

## Visitors/Spectators

Those who are allowed access, besides members and guests, are Rockwell Collins league participants and adult spectators. Adult spectators must sign a waiver at the Front Desk upon entrance into the facility and are restricted to the league area. Children under the age of 12, brought by the spectators, are restricted to the lounge and must be with an adult at all times. When the child accompanies a member or league participant, they are eligible to utilize the babysitting services for a fee. Spectators are not allowed to enter the locker rooms or use the equipment.



## Rec Room

Welcoming children ages 6 weeks to 11 years old!

While visiting the Rec Room, your child will be nurtured and stimulated through a variety of activities that will have your child asking YOU, "When can we go back to the Rec Center?" The Rec Room is stocked with a variety of infant and toddler toys that are cleaned on a daily basis. There is also a computer for older children to use.

### Rec Room Hours

Monday-Friday	9:00 AM-1:15 PM
Monday-Thursday	4:00-7:30 PM
Friday	4:00-6:30 PM*
Saturday	8:00 AM-12:00 PM

\*Closed Friday Evenings June 1 - August 31

## Rec Room Policies and Procedures

### Before Entering the Rec Room

Please make sure the child has gone to the restroom and that both parent and child have washed their hands before entering. Please put shoes into shoe cubby along the wall and use the hooks for the child's coat. If the parent brings a coat, we ask that they please use the locker room to store their coat.

### Infant Security Tag Policy

For children 24 months and younger, security tags will be used for check in and out. At the time of check in, letter tags will be given to the parent for labeling the child's car seat and diaper bag. The parent will keep one tag to use at time of pickup. A corresponding letter sticker will be placed on the child's back and will be noted in the Tag ID Letter column on the utilization log. All tags will be collected at the time of pickup.

### Infant Bottle Feeding and Diapering Policy

The Rec Room's employees will gladly feed infants (18 months and younger) bottles or sippy cups while they are visiting the Rec Room. The staff does change diapers, however, you will be paged if you do not provide a properly equipped diaper bag (extra diapers, wipes and change of clothing), or if there is limited staff available to change diapers.

### Socks Required

Please provide socks for your child in the Rec Room. No bare feet or shoes allowed.

### Crying Policy

Our staff will do the best they can to make sure that the child adjusts to the room. However, in cases in which a child cries continuously for ten minutes or more, the parent will be paged.

### No Food or Drink

No food or drink, including gum, is allowed in the Rec Room except for bottles and sippy cups.

### Label All Items

All items brought into the Rec Room need to be labeled. This includes, but is not limited to diaper bags, bottles, pacifiers, coats, hats and mittens.

### Sickness

Parents will be notified to pick up their child if the child exhibits any of the following symptoms:

- Fever
  - Pink Eye
  - Diarrhea
  - Contagious skin rash/blisters
  - Vomiting
  - Ear pain
  - Colored drainage from their nose or eye
- Your child must be symptom and Tylenol free for 24 hours before attending the Rec Room.

### Locker Rooms

As a courtesy to other members, the Locker Rooms are off limits to children attending the Rec Room. Please drop off children in the Rec Room prior to using the Locker Rooms.



## Rec Room Policies and Procedures Continued

### Outdoor Area/Racquetball Room

For children over 18 months of age:

When the weather is nice outside, we have a fenced area for children to play. We will stay outside no longer than 20 minutes at a time. At the babysitter's discretion, a racquetball court may be used to allow children to run and play.

### Discipline

Children who are aggressive or disruptive in the Rec Room will be placed in a "Time Out", one minute for each year of age. Biting or other aggressive behaviors will not be tolerated and the parent will be asked to remove their child from the Rec Room.

### Aggression Policy

A parent will receive two documented warnings when their child has a targeted aggressive episode, including but not limited to the following: biting, grabbing and/or pulling hair, tackling or taking down another child and striking another child or staff person in the face. Swearing or using foul language will not be tolerated. If this occurs, the parent will be called to the room immediately and be asked to remove their child from the room for the day. Upon the second documented warning in one calendar month, the child will be suspended from the room for two weeks (14 days).

### Personal Items

If you choose to allow your child(ren) to bring personal items into the room, (i.e. gaming devices, toys, blankets, etc.), please be sure all are labeled. The Rec Center is not responsible for any lost or damaged items that are brought into the room. Rec Room staff reserve the right to remove any items from your child(ren) that are deemed unsafe or disruptive to the room, and will be returned to the parent upon pick up.

### Remaining On-Site

When a parent uses the facility outside, they must provide a cell phone number when checking their child into the Rec Room. Any child under the age of 12 may not be left unattended in the facility. Parents or guardians will electronically check in the child(ren) upon entry into the Rec Room. Only authorized individuals registered under the child are allowed to pick up the child, unless the parent notifies the attendant on duty.

### Lost and Found

If you have misplaced items, please check the lost and found container located outside the Rec Room on the shoe cubby or check at the Front Desk.

### Fees

\$2.25 per hour, per child

EZPay yearly - A pre-payment plan for one year of unlimited babysitting services. \$175 plus tax for one child and \$350 plus tax for two or more children. For details, please contact the Front Desk or a Rec Room staff member.

EZPay monthly - A pre-payment plan, as listed above, for babysitting services where the payment comes out of your bank account each month. Fees are \$20 plus tax per month for one child or \$40 plus tax for two or more children.

Babysitting service hours are strictly enforced with an after hours late fee of \$1.00 plus tax per minute.

### Staff

All staff in the Rec Room are certified annually in both CPR and Bloodborne Pathogens. All staff members must pass a background check, drug screening and be approved by Rockwell Collins security. Should you have any questions or concerns about the Rec Room babysitting service, please contact the corresponding shift supervisors at 319-263-3960 or via email:

- Morning: Kari Losby, M-F 9:30 AM-12:30 PM  
karisa.losby@rockwellcollins.com
- Evening: Jolene Wassmer M & T 4:30-7:30 PM  
and Thursday 5:30-7:30 PM  
jolene.wassmer@rockwellcollins.com

**Kids Fit N' Fun Class**

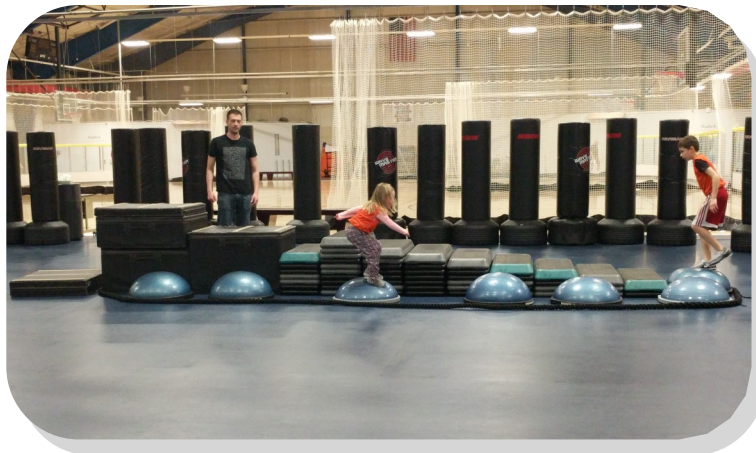
Thursday mornings from 10:30-11:00 AM in the Fitness Classroom.

This 30-minute class is for children ages 2-5 years. Parents and/or grandparents are welcome and encouraged to participate, or they can go get their own workout in while the child participates in class.

**Quality Time**

Saturdays & Sundays 1:00-3:30 PM

On weekend afternoons, members are encouraged to introduce their children, ages 5-11 years to fitness, fun and recreation at no charge. Participants may use the racquetball courts, basketball court #2, High Court track, table tennis and the High Court fitness class area. Parents must sign a Quality Time agreement at the Front Desk acknowledging QT rules and guidelines in order to participate. All Quality Time participants are required to be accompanied by an adult at all times and wear an orange jersey during their visit.



## Youth Member General Information

Start your young child(ren) in the life long habit of exercise. Youth and family memberships are available for children ages 7 years and older. Children ages 7-11 years must always be accompanied by an adult member and wear a blue jersey. Blue jerseys are available at the Front Desk.

## Youth Membership Benefits

- Select Group Fitness Classes
- Personal Fitness Programming
- Quality Time
- Basketball and Racquetball Courts
- High Court Track
- Table Tennis

## Youth Restrictions

Members ages 7-11 years are restricted from using weight training equipment. They are also restricted from specific group fitness classes. If a youth member has been through a New Member Consultation, they may use appropriate sized cardiovascular exercise equipment. For more information contact the Front Desk.

## WATTS

Weights - Agility - Technical - Training - Supervision

WATTS is a fee-based, supervised eight-week program for all athletes ages 12-18 years. WATTS focuses on improving strength, speed, quickness and coordination through supervised weight training, core strengthening, plyometric and speed workouts.

The WATTS program runs from June to August and is held on Monday, Tuesday and Thursday mornings.



**MOVE BETTER with Functional Movement Systems (FMS)**

**What is FMS?**

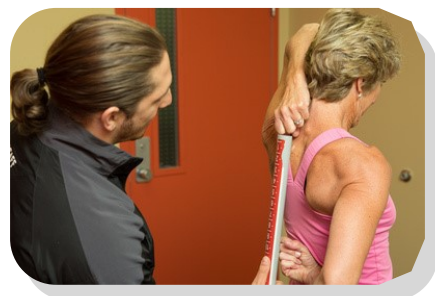
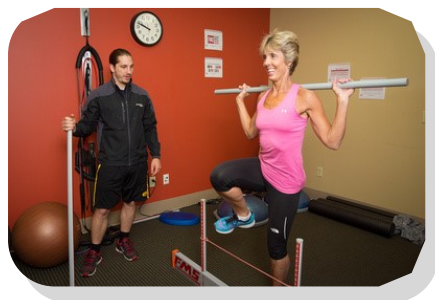
The Functional Movement Systems is a screening tool that is used to evaluate seven fundamental movement patterns that are key to daily life. The FMS screen identifies functional deficits related to proprioceptive, mobility and stability limitations to determine if an individual’s movement patterns are optimal, acceptable or dysfunctional.

After going through the screening process, an Exercise Physiologist will be able to identify and rate one’s movement limitations and asymmetries. Once the priority dysfunctional movement pattern has been identified, corrective exercises are assigned.

By completing the screen and the corrective exercise plan, the individual will be on their way to moving better, reducing their risk of injury and avoiding future complications that come from consistent dysfunctional movement.



**FMS Pricing and Packages**



	<b>Basic</b>	<b>Premium</b>	
Member Price*	\$40	\$75	\$120
Non-Member Price*	\$60	–	–
Initial Screen	✓	✓	✓
Follow Up Appointment	30 min	30 min	60 min
Orientation to Function Junction Room	✓	✓	✓
Initial Corrective Exercises	✓	✓	✓
Progressive Corrective Exercises		✓	✓
Access to FMS Online		✓	✓
Third Appointment <sup>△</sup>		30 min	60 min

<sup>△</sup>Sessions expire after three consecutive calendar months. Exceptions may be made at your trainer’s discretion. \*plus tax



## Know Your Numbers!

You may have heard that you need to “know your numbers,” which refers to key markers of heart health such as blood pressure, cholesterol, body mass index (BMI) and waist circumference. Although doctors test most of these numbers at annual check-ups, it’s important that you know your numbers and understand what they mean. By keeping these numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease.

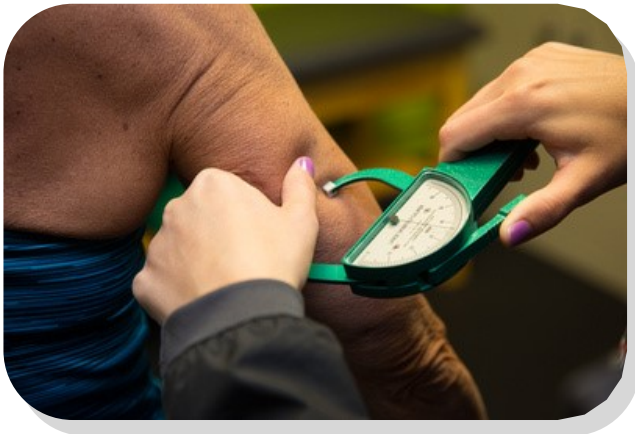
At the Rec Center, we make this easy!

### Blood Pressure:

Use our complimentary blood pressure machine located in front of the Pro Shop by the Front Desk! The test takes less than one minute and you get a print out of your information.

### Body Composition:

Test your lean muscle mass to body fat mass by using a bio-electrical impedance scale, skinfold, and/or circumference (tape) measurements. Please make an appointment at the Front Desk. Free for members, \$10.00 plus tax for nonmembers.



## Rec Center Records

Do you have what it takes to be a record holder? We think you do! Record holders will have their names posted on the Information Center!

Members may attempt as many records as they want in the time allotted. They may only attempt each exercise once per month. If a participant attempts the record and does not meet standards, they must wait four weeks to attempt again. Schedule with an Exercise Physiologist at the Front Desk! Questions? Contact [dixie.church@rockwellcollins.com](mailto:dixie.church@rockwellcollins.com).

### Events:

- Pull-ups
- Flexed Arm Hang
- Maximal squat
- Maximal dead lift
- Plank hold
- Push-ups
- Rowing Sprint 1000 meters
- 1 mile run

### Categories:

- Male 29 years and under
- Female 29 years and under
- Male 30-49 years
- Female 30-49 years
- Male 50-69 years
- Female 50-69 years
- Male 70 years and over
- Female 70 years and over

**Pull-ups:** Participant must do a pull-up to full arm extension, overhand grip. No Kipping pull-ups or leg swinging allowed. Participant will pause for 2 seconds with arms extended at the bottom. Staff will count 1-1000, 2-1000. Perform as many repetitions as possible to failure.

**Flexed Arm Hang:** Participant must hold their body weight and maintain the hold with chin at bar level as long as they can. No resting chin on bar, and participant must use an underhand grip. Total time will be measured.

**Maximal squat:** 3 repetitions. Participant must have appropriate belt to use. Wrist wraps and knee braces are acceptable. No wrapping of the knees. Participant must have their own spotters, but spotter cannot touch lifter. Exercise Physiologist must monitor participant from the side, noting their form. Lifter must perform squat down to parallel (knees in line with hips). Lifter will perform a 3 repetition maximum lift using the correct form. Total weight lifted/body weight.

**Maximal deadlift:** 3 repetitions. Participant must have appropriate belt to use. Knee and/or wrist wraps and/or tape are acceptable. Lifter will do deadlift starting with the barbell on the ground, then standing up perpendicular to the ground (knees and hips locked out at top, shoulders back). The lifts must be clean, no hitching or slowly moving the bar up the legs prior to standing. Exercise Physiologist will monitor lifter making sure they stand straight up each repetition and touch the weight to the ground each time. Total weight lifted/body weight.

**Plank hold:** Participant will hold bent arm plank as long as possible. No modifications accepted. Knees must not touch ground; hips must remain in line with shoulders. No shifting of body weight is acceptable and both feet must be on the ground. Total time will be measured.

**Push-ups:** Participants will perform standard push-ups on their toes, touching chest down to a 12.5 lb. dumbbell. The participant will do as many repetitions as possible, to failure. Each rep must be full arm extension at the top. If participants need to rest briefly, they may do so with arms fully extended. Resting on knees or dumbbell will stop the test. Total repetitions will be measured.

**Rowing Sprint 1000 meters:** Participant will be observed rowing as fast as they can for 1000 meters. The white Concept 2 Rower in the main cardio area will be used and the damper will be set at 10. Total time will be measured.

**1 mile run:** Participant will be timed running on the indoor track, using the outside lane (10 laps). Fitness staff will make sure to count the laps and that they run past the arrow in their lane. No cutting corners. Total run time will be measured.

## Bench Press Club

Are you looking for a way to test your strength and monitor your progress?

Join the Bench Press Club!

Earn awards each quarter for percentage of body weight lifted, most improved lift and decreased body fat percentage. Participation in the Bench Press Club is free with lifts held quarterly (January, April, July and October).

Contact Jamie Sands at 319-295-1632 for more information.



## The Rowing Challenge

Every March, for one month the Rec Center members come together and row as many meters as they can! Prizes are awarded for the top rowers with different incentives each year. It's a fun way to come together, be active, and compete against other fitness centers worldwide!

## Mission: FIT!

Beginning in mid-January, the Rec Center holds a 12 week weight and fat loss competition! For 12 weeks, participants work hard to lose weight and shed body fat. They use each other as a support and accountability system and use the Rec Center services to help them succeed. The money collected from the entry fee to the program goes into a cash pool and the top winners get to take it home! It's a great way to start off the new year and meet your goals!



## Hike For A Bike

The 3rd Wednesday in May is National Employee Health and Fitness Day. What better way to celebrate than with a mile walk?! Walk a mile on this day and fill out an entry in the Hike For A Bike contest to win a free bike from Northtowne Fitness! Rockwell Collins Rec Center members, Rockwell Collins employees/spouses and Rockwell Collins retirees/spouses are eligible to win the bike.





**Fitness Challenges**

Here at the Rec Center, we offer a variety of fitness challenges throughout the year to keep our members motivated and challenged. Check with an exercise physiologist to learn about upcoming fitness challenges.

**Walking Challenge**

The month of July is full of beautiful weather and we want you to enjoy it while being active! Rockwell Collins employees and Rec Center members are invited to participate in the annual Rec Center Walking Challenge!



**Rec Center App & App Challenges**

The Rec Center App is free to download in the App Store and Google Play! The app is a convenient way to:

- Check into the gym
- Easily look at our Group Fitness schedule
- Get updated on News and Events
- **Participate in App challenges**
- Find app-exclusive deals
- Track your workouts
- Make fitness goals
- Request Personal Training or Nutrition appointments
- Connect with us on Social Media
- Connect with your wearable fitness tracking device

Just search "Rockwell Collins Rec Center" in your App Store or Google Play!



**...And So Much More!**

Follow us on Facebook for constant updates about what's going on at the Rec Center! New events and programs are happening all the time! You can also find current happenings on the Information Center, located near the Front Desk!



Find us on  
**Facebook**

## Meet the Rec Center Registered Dietitian Nutritionist and Nutritional Health Coach

Sandy Holterhaus, RDN, LD, CYT  
Registered Dietitian Nutritionist  
Certified Integrative Nutrition Health Coach  
Certified Yoga Teacher  
319-295-0025



45-minute meetings

\$16 members

\$32 eligible non-members and Rec Center Physical Therapy patients

### Initial Meeting - Nutrition and Health History

Fill out and review health history form and medications/supplements. Review personal eating habits, physical activity and lifestyle patterns that influence your health.

### Second Meeting

Discussion and selection of a diet plan to help achieve client goals. This plan will take into account the client's current eating habits, look at a healthy plan for optimal health and determine a transition plan specific to the client.

### Additional Meetings

Encouraged based on client goals to help achieve accountability, a balanced lifestyle, and long term healthy eating patterns.

**Diet Therapies Used** - The diet therapies listed below (and many other individual therapies) are used depending on the health of the client and their personal goals.

**Anti-inflammatory Diets** - Inflammation in the body has been linked to a number of diseases including cancer, heart disease, diabetes, autoimmune disease and dementia. The DASH diet, a TLC diet, a Vegan or Vegetarian diet or a Paleo (type) diet may be recommended based on your needs and your health history.

**Food Elimination Diet** - If you experience symptoms such as runny nose, mucus, scratchy throat, itchy skin, hives, digestive issues or brain fog, a food elimination diet can help you pinpoint any foods that may be causing your symptoms. Depending on your symptoms, a dairy or gluten free diet may be recommended or a more extensive elimination diet based on varying foods that are known to create sensitivities or allergies.

**Rock-It Metabolism (carb cycling)** - Have you been a frequent calorie counter and gone on many restrictive diets that have slowed down your metabolism? Are you stuck? The Dietitian will prescribe a diet designed to trick up your metabolism and get the scale moving again. If you are eating a low calorie diet and not getting the results you want, it is time to Rock-It forward.

**FODMAPS - Irritable Bowel Syndrome (IBS)** - If you have been diagnosed with fructose or lactose intolerance or irritable bowel syndrome, the Dietitian invites you to try a two week elimination diet that can zone in on carbohydrate containing foods and amounts that may be causing the issues.

**Emotional Eating/Low Self Esteem Diet Therapy** - Are you an emotional or low self-esteem eater? This diet therapy focuses on eating healthy, whole foods and journaling to discover underlying causes of food cravings, food binges and overeating.

## Personal Training

Personal Training with a Fitness Professional provides you with professional workout coaching and instruction tailored to your own fitness needs and goals. It is used for general fitness, strength training, cardiovascular fitness, body building, sport specific training, pre-hab (injury prevention) and post-rehab conditioning.

The Rockwell Collins Rec Center Exercise Physiologists are highly educated and experienced, each holding a Bachelor's Degree in a health/fitness related field and are ACSM (American College of Sports Medicine) certified. All personal trainers hold a current personal training certification.

### Personal Training provides:

- One-on-one workout coaching with a fitness professional
- Increased motivation and accountability to help clients reach their peak fitness potential
- Time efficient workouts for those with busy schedules
- An effective way to manage weight
- Variety to keep your mind and body from burning out and your body from adapting and hitting a plateau

### About Personal Training sessions:

- Sessions are 30 or 60 minutes. Please, don't be late. Come dressed and ready to train at the time you are scheduled.
- Sessions expire after three consecutive calendar months.
- Cancellations must be made 24 hours in advance or the session will be forfeited.
- Cancellations due to emergencies will be rescheduled at the trainer's discretion.
- Refunds will be issued for unavoidable circumstance such as medical or relocations.
- For more information on Personal Training, please contact Jamie Sands at 319-295-1632.



## Personal Training Pricing

### Single Client One-Hour Sessions

- 1 Session: \$40 + tax
- 5 Session Package: \$190 + tax
- 10 Session Package: \$350 + tax
- 15 Session Package: \$480 + tax

### Single Client 30-minute Sessions

- 1 Session: \$25 + tax
- 5 Session Package: \$115 + tax
- 10 Session Package: \$210 + tax
- 15 Session Package: \$285 + tax

### Buddy 60-minute Sessions

- (2 clients with similar goals/needs)
- 1 Session: \$55 + tax
  - 5 Session Package: \$245 + tax
  - 10 Session Package: \$450 + tax
  - 15 Session Package: \$615 + tax

### Buddy 30-minute Sessions

- (2 clients with similar goals/needs)
- 1 Session: \$30 + tax
  - 5 Session Package: \$140 + tax
  - 10 Session Package: \$260 + tax
  - 15 Session Package: \$360 + tax

### Group 60-minute Sessions

- (3-5 clients with similar goals/needs)
- 1 Session: \$75 + tax
  - 5 Session Package: \$333 + tax
  - 10 Session Package: \$612 + tax
  - 15 Session Package: \$836 + tax

### Group 30-minute Sessions

- (3-5 clients with similar goals/needs)
- 1 Session: \$36 + tax
  - 5 Session Package: \$170 + tax
  - 10 Session Package: \$322 + tax
  - 15 Session Package: \$455 + tax

# ADULT PROGRAMMING & SERVICES

## Rec Center Physical Therapy

A Fitness, Sports, and Wellness Center

Located in the same building as the Rec Center. Open to the public!

Hours: Monday - Friday 7:00 AM-5:00 PM

Phone: 319-295-8899

## Free 10 Minute Screenings!

Call or stop by to schedule!

Tuesday 4:00-5:00 PM and Wednesday 12:00-1:00 PM

## Specialties

- Selective Functional Movement Assessment (SFMA)
- Functional Movement Screen (FMS)
- Deep Tissue Laser Therapy
- Dry Needling
- Alter G Anti-Gravity Treadmill
- Sports Medicine
- Post Surgical Rehabilitation
- Augmented Soft Tissue Mobilization (ASTYM)
- Custom Orthotics
- Vestibular Rehabilitation
- Pilates Based Rehabilitation



## Massage Therapy

- Rates for clients with a Rec Center ID or Rockwell Collins badge:
  - 30 minutes: \$35
  - 60 minutes: \$50
  - 90 minutes: \$85
- Rates for clients without a Rec Center ID or Rockwell Collins badge:
  - 30 minutes: \$40
  - 60 minutes: \$60
  - 90 minutes: \$95
- First Time Client Special: 60 minutes for \$40 (badge or no badge)
- Massage Therapy Hours (times may vary):
  - Monday: 11:00 AM-5:30 PM
  - Tuesday: 9:30 AM-7:00 PM
  - Wednesday: 9:30 AM-7:00 PM
  - Thursday: 9:30 AM-7:00 PM
  - Friday: 9:00 AM-5:00 PM
  - Saturday: 8:00 AM-12:00 PM



To learn more about Rec Center Physical Therapy, please pick up a brochure from the clinic or visit their website: [www.reccenterphysicaltherapy.com](http://www.reccenterphysicaltherapy.com).

Still a kid at heart? Discover and try one of our many league programs!

### Rec Center Leagues!

Leagues are open to all Rockwell Collins employees, retirees, contractors and/or their spouses, and Rec Center members 18 years of age and older. For more information regarding leagues, please visit [www.rockwellcollinsclubs.com](http://www.rockwellcollinsclubs.com).

Jeff Havel  
League Manager  
319-295-0016  
[Jeff.havel@rockwellcollins.com](mailto:Jeff.havel@rockwellcollins.com)



### Badminton

January - April  
Contact: Abhijeet Kumar  
319-263-3189  
[Abhijeet.Kumar@rockwellcollins.com](mailto:Abhijeet.Kumar@rockwellcollins.com)

### Basketball

November - March  
Contact: Scott Garrels  
319-295-1919  
[basketball@rockwellcollinsclubs.com](mailto:basketball@rockwellcollinsclubs.com)

### Cricket

May - August  
Contact: Vijay Ganesh Elangovan  
319-263-1991  
[velang19@rockwellcollins.com](mailto:velang19@rockwellcollins.com)

### Table Tennis

Year Round  
[tabletennis@rockwellcollinsclubs.com](mailto:tabletennis@rockwellcollinsclubs.com)

### Dodgeball

Summer  
Contact: Jeff Havel  
319-295-0016  
[Jeff.Havel@rockwellcollins.com](mailto:Jeff.Havel@rockwellcollins.com)

### Flag Football

August - November  
Contact: Clint Hospodarsky  
319-431-2156  
[chospodarsky@hotmail.com](mailto:chospodarsky@hotmail.com)

### Futsal (Indoor Soccer)

November - April  
Contact: Casey Kohl  
319-295-4327  
[futsal@rockwellcollinsclubs.com](mailto:futsal@rockwellcollinsclubs.com)

### Golf

April - September  
Contact: Toni Mrkvicka  
319-295-1870  
[golf@rockwellcollinsclubs.com](mailto:golf@rockwellcollinsclubs.com)

### Pickleball

Year Round  
Contact: Lyle Theisen  
319-721-4612  
[Lylepatthe@msn.com](mailto:Lylepatthe@msn.com)

### Ping Pong

Year round  
Contact: Don Wright  
319-263-2458  
[donald.wright@rockwellcollins.com](mailto:donald.wright@rockwellcollins.com)

### Racquetball

Fall/Winter/Summer sessions  
Contact: Joe Glogovsky  
319-423-0827  
[jxlogs@gmail.com](mailto:jxlogs@gmail.com)

### Soccer (Outdoor)

Fall/Spring/Summer sessions  
Contact: Rob Nolting  
319-295-0283  
[Robert.Nolting@rockwellcollins.com](mailto:Robert.Nolting@rockwellcollins.com)

### Softball

May - August  
Contact: Matthew Karlen  
319-263-0387  
[softball@rockwellcollinsclubs.com](mailto:softball@rockwellcollinsclubs.com)

### Tennis

Fall/Spring sessions  
Contact: Bassel Habboub  
319-263-9186  
[tennis@rockwellcollinsclubs.com](mailto:tennis@rockwellcollinsclubs.com)

### Trap and Skeet

May - August  
Contact: Jim Russo  
319-295-0421  
[James.Russo@rockwellcollins.com](mailto:James.Russo@rockwellcollins.com)

### Volleyball

September - April (Indoor)  
June - August (Outdoor)  
Contact: Tim Gale  
319-295-3989  
[Timothy.gale@rockwellcollins.com](mailto:Timothy.gale@rockwellcollins.com)  
Contact: Nick Barbaro  
319-295-4554  
[nabarbar@rockwellcollins.com](mailto:nabarbar@rockwellcollins.com)



## Utilize our basketball, racquetball, tennis courts, and Sports Park!

### Racquetball Courts

The Rec Center has four racquetball courts available for use (no fee when reserved within four hours of appointment). Court reservations are required. For more information on reservations please see below. Court 1 is designated as a Challenge Court on a first come, first serve basis. Therefore, it cannot be reserved. We are pleased to offer racquet stringing for a fee (contact Jeff Havel at 319-295-0016 for more information).



### Racquetball Court 1

A basketball hoop has been installed on the back wall of racquetball court 1. Please obey the following guidelines when using the hoop:

- Racquetball has court priority 11:30 AM-1:00 PM and 4:30-7:00 PM, Monday through Friday.
- The hoop is for practicing technique and shooting only.
- After 7:00 PM the court is available on a first come, first serve basis if the main basketball courts are full.
- No pick-up games, dunking or throwing balls at the glass is allowed.

### Reservations for Racquetball and Wallyball courts

Court reservations are required for racquetball court usage. Racquetball courts may be reserved free of charge within four hours of scheduled appointment. To reserve more than four business hours in advance, for non-league play, there is a \$3.00 plus tax fee. One hour limit on racquetball, 90 minutes on wallyball. Reservations for racquetball may be made no earlier than six days before desired usage. Reservations may be made for single sessions only.

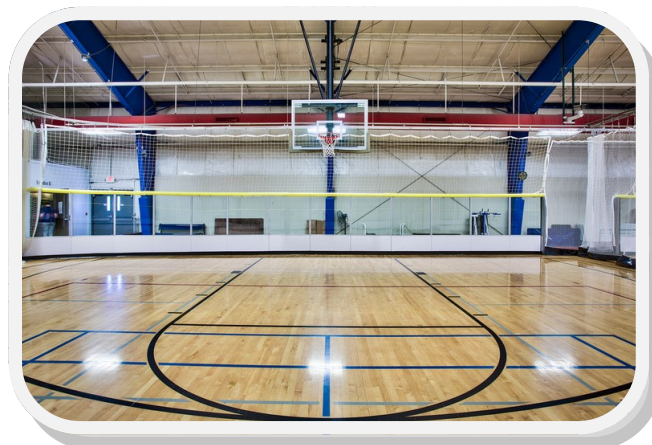
## Basketball, Volleyball, Pickleball and Badminton

### Walk-On Usage

There is no charge for use of the East and West (basketball, volleyball, pickleball and badminton) courts for walk-on usage. It is recommended that you check availability by calling the Rec Center Front Desk at 319-295-2552.

### East Court Reservation Fee

The East Court can be reserved in advance for groups of eight or more for a fee of \$20 per hour. Reservations can be made up to one week in advance. Please visit the league board at the Information Center for court schedules.



**Sports Park**

The Rockwell Collins Sports Park provides members and Rockwell Collins employees a place to recreate outdoors. Amenities include sand volleyball courts, softball fields, trail, pavilion, turf exercise area, lighted tennis courts and football/soccer fields.

Reservations may be made by calling Mike Duffy at 319-295-3117.

Perimeter of the trail is approximately .45 miles. Pets are not allowed on the Sports Park grounds.

Reminder: Rockwell Collins property is smoke-free and alcohol-free. (See page 4.)



**Tennis**

Outdoor Tennis courts may be reserved by calling the Rec Center Front Desk at 319-295-2552. Courts may be reserved for up to two hours. Reservations are strongly recommended. Free of charge.

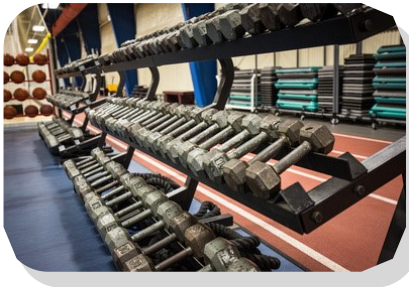


### Weight Training

Weight training is a great way to get stronger and more toned, and the Rec Center has some great programs to assist! Receive a customized weight training program, free of charge for members, from a Rec Center Exercise Physiologist.

### Personal Fitness Programming

Not sure how to use the weight machines or need some direction on where to begin? Our certified Exercise Physiologists will put together a fitness program to get you started. They will re-evaluate and adjust your program every 2-3 months to keep you going! By appointment only, no fee.



### Women On Weights (W.O.W)

Women On Weights is a free program held once or twice per year. This four-week class meets once a week for an hour. The purpose of this class is to introduce women to specific free weight exercises. Instructors will help participants understand correct form through the use of pictures and instruction so they can incorporate these exercises into their training regimen.

### Women On Weights 2.0

This is a fee-based program held annually for six weeks in January and February. The participants meet twice a week for ninety minutes. Each week instructors give short lectures that are designed to provide a comprehensive and thorough base of information to inform participants of the “what” and “why” of incorporating free weight training into their exercise regimen. Topics include, but are not limited to “Knowing Your Goals”, “Your Personalized Training Program”, “Exercise and Energy Usage” and “Intensity Techniques in the Weight Room.” Following the lecture, instructors lead the group through specific workouts to allow them to become comfortable with the information they have learned that week. By the end of the program, participants should have learned enough so they can train effectively on their own. If you have further questions, please contact Dixie Church at [dixie.church@rockwellcollins.com](mailto:dixie.church@rockwellcollins.com).



## Senior General Information

### SilverSneakers®

The Recreation Center partners with the SilverSneakers® Program to provide Humana and some United Health Care health insurance cardholders a complimentary membership. This does not include those who have Humana prescription insurance only. In addition, those with a Secure Horizons health insurance policy may be eligible. All SilverSneakers® memberships are subject to approval by the SilverSneakers® program. For details please contact a Front Desk representative. Retiree members through this avenue are considered to have an unrestricted membership.

### Retiree & Senior Restricted Membership

Any Rockwell Collins retiree or their spouse receiving a Rockwell Collins pension or eligible person age 62 years or older can join as a retiree member at the Rockwell Collins Recreation Center. Senior and Retiree members with a restricted membership have a reduced fee, and are allowed to use the facility during the following hours:

Monday-Thursday: 7:00 AM - 4:00 PM  
After 7:00 AM on Friday through 8:00 PM on Sunday

There is a \$1 fee to utilize the facility outside of the above stated hours. Retirees paying for a full price, unrestricted membership are free to use the Rec Center without time restrictions.



## Senior Events

### Bridge Club

Bridge Club meets in the Rec Center Lounge from 1:00-3:30 PM on the 4<sup>th</sup> Thursday of the month, unless a scheduling change is needed. Please sign up at the Front Desk to reserve your spot at the table!

### Fall Potluck

Every September, the Rec Center celebrates its senior and retiree members by hosting a potluck. Everyone is invited to bring a dish to share and enjoy the food and company!



### **Senior Group Fitness**

Please see group fitness schedule for current class offerings.

#### **Stretch and Relax**

Stretch to relaxing music to improve range of motion and prevent injury.

#### **Beginner Step**

This class helps get your cardio training in as you learn the step/aerobic patterns. Our instructors really know how to break down and cue effectively so that choreography is easy to follow, yet challenging enough to get a great cardiovascular workout in!

#### **Zumba® Gold**

A lower intensity ZUMBA® class designed for active seniors, beginning exercisers or populations that need modifications.

#### **Balance Barre**

A 30-minute class that will focus on exercises designed to improve lower body strength and balance.

### **Silver Pilates**

All Silver Pilates classes (Silver Reformer and Silver EXO Chair) are for those with special concerns including osteopenia, osteoporosis or those who have recently gone through Physical Therapy.

Silver Plus is an advanced version of our traditional Silver Pilates class. Instructor permission is required. See Pilates brochure for class times.

### **SilverSneakers® Fitness Program**

The SilverSneakers® Fitness Program is offered at the Rec Center. All classes are paced to allow each member to take the workout to their own fitness level. Classes are designed to increase strength, flexibility, balance, range of movement and help make functional activities for daily living easier.

#### **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

#### **SilverSneakers® Circuit**

The SilverSneakers® Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of the individual participants.

#### **SilverSneakers® Yoga**

Get ready to move through a complete series of seating and standing yoga poses. Chair support is offered to allow participants to perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**Group Fitness DANCE/FUN Classes!**

Please see group fitness schedule for current class offerings.

**ZUMBA®**

Combines high energy and motivating Latin music with low impact dance moves. No prior dance experience necessary!

**ZUMBA Gold®**

A lower intensity ZUMBA® class designed for active seniors, beginning exercisers and populations that need modifications.

**Hula Hoop**

Learn how to hula hoop and turn it into a fun core workout!

**Step**

This class helps get your cardio training as you learn step/aerobic patterns. The choreography is easy to follow, yet challenging enough to get a great cardiovascular workout in!

**Group Fitness FUNCTIONAL MOVEMENT Classes!**

Please see group fitness schedule for current class offerings.

**F.A.S.T Functional - Athletic - Strength - Training**

This class emphasizes basic full body movements to gain muscle strength and power. A variety of equipment is used including battle ropes, kettle bells, medicine balls and sand bells.

**TRX® Suspension Training**

This class utilizes your bodyweight to develop strength, balance, flexibility and core stability simultaneously. You control how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Our motivating instructors will help you reach new levels of fitness with this total body class!

**TRX® HardCore**

Put your core to the test with this class infusing Pilates, TRX® and other full body exercises!



## Group Fitness HIGH INTENSITY Classes!

Please see group fitness schedule for current class offerings.

### Metabolic Blast

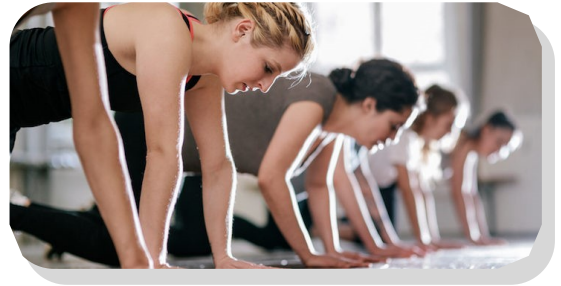
A high-energy time-efficient cardio and strength class. Class is broken down into segments of quick, continuous cardio drill mixed with upper and lower body strength work.

### Insanity Live!

This isn't your ordinary cardio-conditioning class. This thrilling workout provides the support and group motivation to challenge you to work toward your highest potential and unleash your inner athlete, regardless of your starting point.

### Kettlebell Kick

This class offers a dynamic mix of cardio, shadowboxing and kettlebell strengthening for a highly effective workout. No bags or gloves needed. Pair this class with Kettlebell Strength (see page 42) for a complete kettlebell program!



## Group Fitness MIND/BODY Classes!

Please see group fitness schedule for current class offerings.

### Yoga

Our professional instructors will assist all participants at ALL levels in improving flexibility, balance and muscular endurance.

### Gentle Yoga for Beginners

This 6-week session helps beginners learn modified yoga poses in standing, seated, kneeling and supine positions. This is a fee-based class, but you get your money back if you come to class. Offered periodically.

### Balance Barre

A 30-minute class that focuses on exercises designed to improve lower body strength and balance.

### Body Barre

A classic, 45-minute Barre class that integrates a ballet barre to create a fat burning workout with exercises that will work your entire body.

### Power Barre

A high-energy express class that integrates the use of a ballet barre. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, glutes and thighs.

### Stretch and Relax

Stretch to relaxing music to improve range of motion and prevent injury.

### Mat Pilates

Class focuses on mindful movement and proper breathing while increasing core strength and flexibility.



### Pilates Program

Research has shown that Pilates improves spinal mobility, flexibility, muscular endurance, posture, body awareness, lower back pain and bone density. That's just the beginning!

There is a fee to attend the following Pilates apparatus classes. All students must complete one to three private sessions before they attend these classes. Refer to Personal Training for pricing information (page 23).

#### Pilates Apparatus Beginner class

Try It for Free! Join us on Mondays at noon for a complimentary Pilates apparatus class. For NEW students only. Sign up at the Front Desk. Location: Pilates Studio B

#### Pilates on the Reformer

Get a great full body workout that will stretch and strengthen the body. Mixed level and advanced classes available.

#### Pilates on the EXO Chair

Challenge the whole body with exercises designed to improve strength, balance, coordination and flexibility.

#### Pilates on the Arc

This one of a kind class will challenge even the most seasoned Pilates students. Introductory classes are strongly recommended. Instructor permission required.

### Cost to join:

#### Punch Cards

5 classes: \$35  
10 classes: \$70  
20 classes: \$140

#### VIPilates

4 classes per month: \$24  
8 classes per month: \$40  
12 classes per month: \$60  
(Allows access to VIPilates classes)

Individual Classes: \$8

For questions or to sign up for the Pilates program, please contact Bonnie Benesh at [bonnie.benesh@rockwellcollins.com](mailto:bonnie.benesh@rockwellcollins.com).





## Group Fitness MUSCLE TONING Classes!

Please see group fitness schedule for current class offerings.

### MuscleWorks

This class combines weights, music and instructor motivation to keep your body moving and your energy level high!

### BODYPUMP®

This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

### Build and Burn (fall, winter and spring)

In this class you will do low impact cardio while also incorporating resistance training for a full body workout. The format changes week to week and uses dumbbells, glider discs, steps and bodyweight exercises for diversity in your workout.

### Bottoms Up (fall, winter and spring)

This class focuses on working your lower body and core.

### Core

More than just crunches! This 15-minute class will target and strengthen the entire core.

### Kettlebell Strength

All muscles on deck! During this class you will tap into big powerhouse muscles (like your legs and glutes) and smaller stability muscles (like your abs). Pair this class with Kettlebell Kick (see page 39) for a full program!



## Group Fitness CROSS TRAINING Classes!

Please see group fitness schedule for current class offerings.

### Athletic Edge

A 75-minute class that will improve your cardiovascular fitness. The class is designed for runners, cyclists and triathletes. Class focuses on training variables to improve your fitness and performance.

### Cycling

Classes will offer a variety of levels designed to build cardiovascular and muscular endurance, focusing on steady-state training, hill work and interval training.

### High Tech Cycling (offered seasonally)

A 75-minute workout geared toward cyclists and triathletes, but all who are looking for a longer workout will enjoy this class.

### Morning Madness

A class designed to give you an invigorating cross training workout!

### Outdoor Basic Training (offered seasonally)

A total body workout that will challenge you differently in every class! Workouts are designed to improve your overall fitness - strength, cardio, flexibility, agility and endurance.

**RC N.O.W. Program**

Rec Center No Ordinary Workout!

**What is RC N.O.W.?**

An eight-week kickboxing and weight training circuit program that challenges your body with different workouts each day to improve your overall fitness. Instructors provide a high-energy workout, which will leave you sweating and with a feeling that you've given your all! We provide a fun, safe and encouraging atmosphere and welcome all fitness levels!

**Why RC N.O.W.?**

Our program offers:

- 45-minute classes, six days a week
- Eight week sessions
- Weigh-in and body composition assessment during week one and eight.
- 101 training class for new RC N.O.W. members to learn the kickboxing technique you'll need to be successful in class. All fitness levels welcome!

**Program Details:**

- Result-driven workouts
- Personal Workout Tracking Book
- Nutrition Guidebook
- FREE 45-minute personal nutrition counseling appointment with a Registered Dietitian
- Heart rate based training to maximize your workouts (see MyZone below)
- Accountability through MyZone that rewards your efforts through MyZone Effort Points
- Motivation through individual and group challenges offered throughout the year
- Referral program: earn an exclusive gift when you refer a friend to the program.

**MyZone All-In-One Exercise Tracking Tool**

- \$70.00 for your personal heart rate strap (optional)
- Stores up to 16 hours of data
- MyZone App is free to download on a personal device and allows you to set personal goals
- View your personal heart rate tile during class
- Participate in session challenges and track your progress along the way

See RC N.O.W. class brochure for session dates and pricing information. Note: Classes will not be held on holidays on which the Rec Center is closed or operating at reduced hours.

## MARTIAL ARTS Program

### Tae Kwon Do

All Rec Center members are eligible to join the Tae Kwon Do program. Sign-up is available at the Front Desk at a cost of \$15.95 plus tax per month. Tae Kwon Do classes are held Monday and Thursday evenings from 7:30-8:30 PM.

### Shotokan Karate

Shotokan Karate lessons are available at the Rockwell Collins Recreation Center with Instructor Mark Miller. Karate is a martial art that emphasizes self defense without weapons. The only fee is for insurance and testing (typically every six months).

### Tai Chi

A martial arts class designed to reduce stress and improve balance while focusing on proper breathing and form. Join Instructor Bill Pearson in the Fitness Classroom. This class is free to Rec Center members!



## WEXER

Virtual Fitness Classes now available at the Rec Center!

Located in the Rec Center Cycling Studio, WEXER is a system that allows members to work out on their own schedule with a virtual fitness coach. It provides many different class types and intensities, including yoga, cycling, cardio dance and step, strength training, HIIT and much more.

The WEXER touch screen control pad is located on the wall outside the cycling studio.

For your convenience, the equipment needed for classes has already been placed in the studio. We just ask that you return the equipment back to it's proper place when you're finished with it.

Need help with the Wexer? Stop by the Front Desk!





# *Rockwell Collins*

---

## Recreation Center

400 Collins Road N.E.  
Cedar Rapids, Iowa 52498

Phone: 319-295-2552  
[www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com)

