



**Collins Aerospace**

REC CENTER

# Group Fitness Class Schedule

## May 2022

319-295-2552

### DrumFit Fundraiser

**May 3 10:30-11:15 AM(High Court)**

\$5 donation to participate  
Register at the Front Desk

**"Lets link together to stop human trafficking"**

With each dollar you donate you will get to add to our "link" at the Rec Center.

**100% of proceeds go to Chains Interrupted**

### Format Legend

Cardio	Dance
Mind/Body & Pilates	Silver Sneakers
Strength	Specialty Format

### Business Hours

Monday-Thursday 4 AM-11 PM  
 Friday 4 AM-9 PM  
 Saturday-Sunday 6 AM-8 PM

### Rec Room Babysitting Hours

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

*Reservations are required for the Rec Room*

## High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Muscle Works</b> 5:30-6:30 AM Janet	<b>Beginner Step</b> 6:35-7:05 AM Tracey	<b>LES MILLS BODYPUMP</b> 5:30-6:15 AM Tracey		
<b>SilverSneakers® Classic</b> 8:10-8:55 AM Shiho	<b>Beginner Step</b> 7:30-8:00 AM Tracey	<b>SilverSneakers® Classic</b> 8:10-8:55 AM Kelly	<b>SilverSneakers® Circuit</b> 8:10-8:55 AM Heidi	<b>SilverSneakers® Classic</b> 8:10-8:55 AM Candy	<b>Muscle Works</b> 8:05-9:05 AM Tracey
<b>Muscle Works</b> 9:20-10:20 AM Brenda	<b>SilverSneakers® Circuit</b> 8:10-8:55 AM Tracey	<b>Muscle Works</b> 9:20-10:20 AM Janet	<b>SilverSneakers® Yoga</b> 9:10-9:55 AM Angela	<b>Muscle Works</b> 9:20-10:20 AM Chris	<b>Step</b> 9:20-10:05 AM Chris N.
<b>Active 4 Life: Cardio</b> 10:30-11:15 AM Candy	<b>SilverSneakers® Yoga</b> 9:10-9:55 AM Heidi	<b>Zumba®</b> 10:30-11:15 AM Doris	<b>Beg. Line Dance</b> 10:30-11:15 AM Kelly	<b>Active 4 Life: Cardio</b> 10:30-11:15 AM Tracey	
			<b>LES MILLS BODYPUMP</b> 11:30-12:15 PM Riley		<b>Sunday</b>
<b>SilverSneakers® Classic</b> 1:35-2:20 PM Shiho	<b>LES MILLS BODYPUMP</b> 11:30-12:15 PM Tracey	<b>SilverSneakers® Classic</b> 1:35-2:20 PM Candy	<b>Step</b> 12:20-1:05 PM Katie	<b>SilverSneakers® Classic</b> 1:35-2:20 PM Candy	<b>LES MILLS BODYPUMP</b> 9:00-9:55 AM Tracey
	<b>Metabolic Strength Training</b> 4:30-5:15 PM Riley		<b>LES MILLS BODYPUMP</b> 4:30-5:25 PM Julie/Jessi		
<b>Metabolic Strength Training</b> 5:30-6:15 PM Ashley	<b>LES MILLS BODYPUMP</b> 5:30-6:25 PM Jessi	<b>Metabolic Strength Training</b> 5:30-6:30 PM Dixie	<b>Build &amp; Burn + Core</b> 5:35-6:35 PM Janet		<b>Zumba®</b> 4:00-4:45 PM Shiho
	<b>Shotokan Karate</b> 6:30-7:30 PM Mark		<b>Shotokan Karate</b> 6:30-7:30 PM Mark		

## Virtual Gym Schedule

*NEW videos will be posted weekly*

Contact [Laura.Green1@rockwellcollins.com](mailto:Laura.Green1@rockwellcollins.com) or [Christopher.Schneider@rockwellcollins.com](mailto:Christopher.Schneider@rockwellcollins.com) to request access

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Muscle Works</b>	<b>Yoga Calm</b>	<b>Senior Class</b>	<b>Barre &amp; Mat Pilates</b>	<b>Muscle Works</b>	<b>Core</b>

## Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Core</b> 6:15-6:30 AM Tracey			
<b>Zumba Gold®</b> 9:05-9:50 AM Shiho	<b>Yoga</b> 9:20-10:20 AM Brenda		<b>Yoga</b> 9:20-10:20 AM Sandy	<b>Zumba Gold®</b> 9:05-9:50 AM Denise	<b>Yoga</b> 9:20-10:20 AM Team
<b>Body Barre</b> 10:30-11:15 AM Jacki	<b>Mat Pilates</b> 10:30-11:15 AM Bonnie	<b>Active 4 Life: Strength</b> 10:30-11:15 AM Candy	<b>Mat Pilates</b> 10:30-11:15 AM Angela	<b>Yoga + Core</b> 10:30-11:30 AM Brenda	
		<b>Yoga</b> 5:30-6:25 PM Angela			<b>SUNDAY</b>
<b>Yoga</b> 6:00-7:00 PM Leslie	<b>Zumba®</b> 5:30-6:15 PM Shiho	<b>Tai Chi</b> 6:30-7:30 PM Bill	<b>Women's LIFT Club</b> 6:30-7:30 PM Laura	<b>Tai Chi</b> 6:30-7:30 PM Bill	

## TRX® Suspension Training® and Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Madness</b> 5:25-6:10 AM Brad	<b>TRX®</b> 5:25-6:10 AM Ken			<b>Core</b> 6:15-6:30 AM Tracey	
<b>TRX®</b> 11:30-12:15 PM Kristy					
	<b>Athletic Edge</b> 5:15-6:30 PM Brenda		<b>TRX®</b> 5:30-6:15 PM Jessi		

## Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle Strength</b> 5:25-6:10 AM Tracey	<b>LES MILLS RPM</b> 5:30-6:15 AM Dan	<b>Cycling</b> 5:25-6:10 AM Brad	<b>LES MILLS RPM</b> 8:15-9:00 AM Kristy/Riley
<b>LES MILLS RPM</b> 12:20-1:05 PM Kristy/Riley	<b>LES MILLS RPM</b> 10:30-11:15 AM Kristy/Riley	<b>LES MILLS sprint</b> 11:30 AM-12 PM Kristy			
<b>LES MILLS RPM</b> 4:30-5:15 PM Riley/Jessi	<b>LES MILLS RPM</b> 5:30-6:00 PM Laura	<b>LES MILLS sprint</b> 5:30-6:00 PM Dan	<b>Endurance Cycling</b> 5:30-6:30 PM Bob		<b>SUNDAY</b>
					<b>LES MILLS sprint</b> 8:15-8:45 AM Kristy