

Program Details

- 45 minute classes
- Weigh-in and body composition assessment during week 1 and 8.
- 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!

New for 2018!

- Improved result-driven workouts
- Personal Workout Tracking Book
- Nutrition Guidebook
- FREE 30 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.

Class Days and Times

Monday - Friday:

5:30 AM

6:30 AM

11:30 AM

4:30 PM

Saturday: 8:00 AM

Session Dates

January 8 - March 3

March 5 - April 28

April 30 - June 23

June 25 - August 18

August 20 - October 13

October 15 - December 8

December 10 - December 29 (3-weeks)

May not join after the first week of each session.
Classes will not be held on holidays that the Rec Center is closed or operating at reduced hours.



WHY MYZONE®?



Receive email workout summary



Achieve MYZONE® status ranking based on effort not fitness



View your calories and effort level in real time



Connect to 3rd party equipment & smart-phone apps for maximum versatility



Set goals and compete with others by measuring effort levels



Store up to 16 hours of activity data

For more information contact Riley Coady
Group Fitness Manager - (319)295-0039
riley.barth@rockwellcollins.com.

**Rockwell
Collins**

Recreation Center

MOVE Better. FUEL Better. LIVE Better.

RC N.O.W.

Newly Enhanced for 2018



Pricing Options:

Rec Center Members	Price	Monthly Breakdown Value
1 Year Enrollment	\$420	\$35
Monthly Automatic	\$45	\$45
Single 8-Week Session	\$115	\$57.50

Non Rec Center Members*	Price	Monthly Breakdown Value
Single 8-Week Session	\$250	\$125

All prices are subject to sales tax and non-refundable.

*Must be a Rockwell Collins employee and show valid employee badge when registering for a session. Price includes full Rec Center membership during the RC N.O.W. session.



**Proven
Effective
Workouts**



RC N.O.W.

8-Week Kickboxing & Strength Training Program

Enhanced for 2018!

MyZone

All-In-One Exercise Tracking Tool
30 day money back guarantee.

- \$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



Class Types

Kickboxing
Kickbox Bootcamp
H.I.I.T. Workouts
Endurance Cardio
Kettlebells
Strength Training
Cross Training

...And MORE!



EFFORT REWARDED.