



Group Fitness Class Schedule November 2022

319-295-2552

Business Hours

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

Rec Room Babysitting Hours

Reservations are required

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

Format Legend

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

Returning Classes & Changes this Month!

Tuesdays 5:40 PM Zumba (Shiho)
 Thursdays 5:30 PM Cycling (Bob)
 Saturdays
 RPM now 8:00-8:45 AM (Riley/Kristy)
 Muscle Works now 8-9:00 AM (Tracey)
 Step now 9:10-9:55 AM (Chris)

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing \$ 5:30-6:15 AM Ashley/Ken	Muscle Works 5:30-6:30 AM Janet	Kickboxing \$ 5:30-6:15 AM Ashley	LES MILLS BODY PUMP 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Tracey	
	Beginner Step 7:30-8:00 AM Tracey	Step 6:35-7:05 AM Tracey	Beginner Step 7:30-8:00 AM Chris N.	Core 6:15-6:30 AM Tracey	
SilverSneakers® Classic 8:10-8:55 AM Shiho	SilverSneakers® Circuit 8:10-8:55 AM Tracey	SilverSneakers® Classic 8:10-8:55 AM Kelly	SilverSneakers® Circuit 8:10-8:55 AM Heidi	SilverSneakers® Classic 8:10-8:55 AM Candy	Muscle Works 8:00-9:00 AM Tracey
Muscle Works 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Heidi	Muscle Works 9:20-10:20 AM Janet	SilverSneakers® Yoga 9:10-9:55 AM Angela	Muscle Works 9:20-10:20 AM Chris G.	Step 9:10-9:55 AM Chris N.
Active 4 Life: Cardio 10:30-11:15 AM Candy		Zumba® 10:30-11:15 AM Doris	Line Dancing 10:30-11:15 AM Kelly	Active 4 Life: Cardio & Strength 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Ashley/Laura	LES MILLS BODY PUMP 11:30-12:15 PM Tracey	Kickboxing \$ 11:30-12:15 PM Riley/Hannah	LES MILLS BODY PUMP 11:30-12:15 PM Riley	Kickboxing \$ 11:30-12:15 PM Hannah	Sunday
SilverSneakers® Classic 1:35-2:20 PM Candy	SilverSneakers® Classic 1:35-2:20 PM Shiho	SilverSneakers® Classic 1:35-2:20 PM Candy		SilverSneakers® Classic 1:35-2:20 PM Chris N./Sue	LES MILLS BODY PUMP 9:00-9:55 AM Tracey
Kickboxing \$ 4:30-5:15 PM Ashley	Metabolic Strength Training 4:30-5:15 PM Riley/Ashley	Kickboxing \$ 4:30-5:15 PM Kerry	LES MILLS BODY PUMP 4:30-5:25 PM Julie		
Metabolic Strength Training 5:30-6:15 PM Ashley	LES MILLS BODY PUMP 5:30-6:25 PM Kristy	Metabolic Strength Training 5:30-6:30 PM Dixie			Zumba® 4:00-4:45 PM Shiho
	Shotokan Karate 6:30-7:30 PM Mark		Shotokan Karate 6:30-7:30 PM Mark		

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Core 6:15-6:30 AM Tracey			
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda	Kids Fit N'Fun* 9:30-10:00 AM Lindsay	Yoga 9:20-10:20 AM Sandy	Zumba Gold® 9:05-9:50 AM Sue	Yoga 9:20-10:20 AM Team
Body Barre 10:30-11:15 AM Jacki	Core 10:30-11:00 AM Brenda	Active 4 Life: Strength 10:30-11:15 AM Candy		Yoga + Core 10:30-11:30 AM Brenda	
	Zumba® 5:40-6:25 PM Shiho	Yoga + Core 5:30-6:25 PM Angela			SUNDAY
Yoga 6:00-7:00 PM Leslie		Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill	

*November 16 ONLY

TRX® Suspension Training® and Specialty Classes

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

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle Strength 5:25-6:10 AM Tracey		Cycling 5:25-6:10 AM Brad	LES MILLS RPM 8:00-8:45 AM Kristy/Riley
	LES MILLS RPM 10:30-11:15 AM Kristy/Riley	LES MILLS sprint 11:30 AM-12 PM Kristy			
	LES MILLS RPM 5:30-6:00 PM Laura	LES MILLS sprint 5:30-6:00 PM Dan	Cycling 5:30-6:15 PM Bob		SUNDAY
					LES MILLS sprint 8:15-8:45 AM Kristy

Virtual Gym Schedule

NEW videos will be posted weekly

Contact Laura.Green1@rockwellcollins.com or Christopher.Schneider@rockwellcollins.com to request access

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Works	Yoga Calm	Senior Class	Barre & Mat Pilates	Muscle Works	Core