



Group Fitness Class Schedule May 2023

319-295-2552

Business Hours

Monday-Thursday 4 AM-10 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
 Friday 4:30-6:30 PM
 Saturday 8 AM-12 PM

Format Legend

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

May 16 @ 10:30-11:15 AM

Join us for a fun 90's Hip Hop themed cycling class!!

Monday's ADDED

6:15-6:30 AM Core

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	
Core 6:15-6:30 AM Ashley/Ken	Beginner Step 7:30-8:00 AM Katie/Julie	Beginner Step 6:35-7:05 AM Katie/Julie	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 Heidi	SilverSneakers® Classic 8:10-8:55 AM Chris N.	SilverSneakers® Circuit 8:10-8:55 AM Candy	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	Group Walk* 10:00-10:30 AM Deb	Active 4 Life: Cardio & Strength 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Hannah	LES MILLS BODY PUMP 11:30-12:15 PM Kristy	Kickboxing \$ 11:30-12:15 PM Riley	LES MILLS BODY PUMP 11:30-12:15 PM Riley	Kickboxing \$ 11:30-12:15 PM Riley/Team	Sunday
SilverSneakers® Classic 1:35-2:20 PM Candy		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 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 Katheryn	Metabolic Strength Training 5:30-6:30 PM Dixie			Zumba® 4:00-4:45 PM Shiho

"May The Steps Be With You" Walking Challenge May 1st-31st

*Group walks meet at the Pavilion in the Sports Park. In the case of inclement weather, meet on our indoor track.

Check out the tracking log for more details! Logs are located on the on cabinet under the mezzanine.

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	

*May 17 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 Team
	LES MILLS RPM 10:30-11:15 AM Kristy/Riley	LES MILLS sprint 12:20-12:50 PM Kristy		LES MILLS RPM 12:20-12:50 PM Rob	
	Cycle Strength 5:30-6:15 PM Bob	LES MILLS sprint 5:30-6:00 PM Dan	Cycling 5:30-6:15 PM Bob		LES MILLS sprint 8:15-8:45 AM Kristy

Virtual Gym Schedule

NEW videos will be posted weekly

Contact Laura.Green1@rockwellcollins.com to request access

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