



Group Fitness Class Schedule November 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 4-6:30 PM
 Saturday 8 AM-12 PM

Format Legend

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

New Class Added!

Thursdays

Line Dancing
 10:15-11:00 AM (Jamie)
Cycling
 5:30-6:15 PM (Bob)

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 Karla/Ken	LES MILLS BODYPUMP 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Katheryn/Sandy	
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 Katheryn/Sandy	
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	Line Dancing 10:15-11:00 AM Jamie	Zumba® 10:30-11:15 AM Doris	Line Dancing 10:15-11:00 AM Jamie	Active 4 Life: Cardio & Strength 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Hannah	LES MILLS BODYPUMP 11:30-12:15 PM Kristy	Kickboxing \$ 11:30-12:15 PM Riley	LES MILLS BODYPUMP 11:30-12:15 PM Riley	Kickboxing \$ 11:30-12:15 PM 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.	LES MILLS BODYPUMP 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 BODYPUMP 4:30-5:25 PM Julie/Marcia		
Metabolic Strength Training 5:30-6:15 PM Ashley	LES MILLS BODYPUMP 5:30-6:25 PM Katheryn	Metabolic Strength Training 5:30-6:30 PM Dixie			Zumba® 4:00-4:45 PM Shiho

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Core 6:15-6:30 AM Julie/Katie			
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda		Yoga 9:20-10:20 AM Sandy	Zumba Gold® 9:05-9:50 AM Jamie	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 10:00-11:00 AM Brenda	
Active Foam Rolling & 5:15-5:45 PM Dixie	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	

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 Bob	Athletic Edge 5:15-6:30 PM Brenda				

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle Strength 5:25-6:10 AM Bob/Ali		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	
LES MILLS RPM 5:30-6:15 PM Ali	Cycle Strength 5:30-6:15 PM Bob	LES MILLS sprint 5:30-6:00 PM Dan	Cycle Strength 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

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