



# Group Fitness Class Schedule January 2024

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

### Coming in February!

**Strength Yoga** 11:30 AM  
 Day TBD

**Love/Hate Pop Up Cycling Class**

Wed. February 14

## High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing \$ 5:30-6:15 AM Ashley/Ken	<b>Muscle Works</b> 5:30-6:30 AM Janet	Kickboxing \$ 5:30-6:15 AM Karla/Ken	<b>LES MILLS BODYPUMP</b> 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Katheryn/Sandy	
<b>Core</b> 6:15-6:30 AM Ashley/Ken	<b>Beginner Step</b> 7:30-8:00 AM Katie/Julie	<b>Beginner Step</b> 6:35-7:05 AM Katie/Julie	<b>Beginner Step</b> 7:30-8:00 AM Chris N.	<b>Core</b> 6:15-6:30 AM Katheryn/Sandy	
<b>SilverSneakers® Classic</b> 8:10-8:55 AM Shiho	<b>SilverSneakers® Circuit</b> 8:10-8:55 AM Heidi	<b>SilverSneakers® Classic</b> 8:10-8:55 AM Chris N.	<b>SilverSneakers® Circuit</b> 8:10-8:55 AM Candy	<b>SilverSneakers® Classic</b> 8:10-8:55 AM Candy	<b>Muscle Works</b> 8:00-9:00 AM Tracey
<b>Muscle Works</b> 9:20-10:20 AM Deb	<b>SilverSneakers® Yoga</b> 9:10-9:55 AM Heidi	<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 G.	<b>Step</b> 9:10-9:55 AM Chris N.
<b>Active 4 Life: Cardio</b> 10:30-11:15 AM Candy	<b>Line Dancing</b> 10:15-11:00 AM Jamie	<b>Zumba®</b> 10:30-11:15 AM Jamie	<b>Line Dancing</b> 10:15-11:00 AM Kelly	<b>Active 4 Life: Cardio &amp; Strength</b> 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Hannah	<b>LES MILLS BODYPUMP</b> 11:30-12:15 PM Kristy	Kickboxing \$ 11:30-12:15 PM Riley	<b>LES MILLS BODYPUMP</b> 11:30-12:15 PM Riley	Kickboxing \$ 11:30-12:15 PM Team	<b>Sunday</b>
<b>SilverSneakers® Classic</b> 1:35-2:20 PM Candy		<b>SilverSneakers® Classic</b> 1:35-2:20 PM Candy		<b>SilverSneakers® Classic</b> 1:35-2:20 PM Chris N.	<b>LES MILLS BODYPUMP</b> 9:00-9:55 AM Tracey
Kickboxing \$ 4:30-5:15 PM Ashley	<b>Metabolic Strength Training</b> 4:30-5:15 PM Ashley	Kickboxing \$ 4:30-5:15 PM Kerry	<b>LES MILLS BODYPUMP</b> 4:30-5:25 PM Julie/Marcia		
<b>Metabolic Strength Training</b> 5:30-6:15 PM Ashley	<b>LES MILLS BODYPUMP</b> 5:30-6:25 PM Katheryn	<b>Metabolic Strength Training</b> 5:30-6:30 PM Dixie			<b>Zumba®</b> 4:00-4:45 PM Shiho

## Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Core</b> <b>6:15-6:30 AM</b> Julie/Katie			
<b>Zumba Gold®</b> <b>9:05-9:50 AM</b> Shiho	<b>Yoga</b> <b>9:20-10:20 AM</b> Brenda		<b>Yoga</b> <b>9:20-10:20 AM</b> Sandy	<b>Zumba Gold®</b> <b>9:05-9:50 AM</b> Jamie	<b>Yoga</b> <b>9:20-10:20 AM</b> Team
<b>Body Barre</b> <b>10:30-11:15 AM</b> Jacki	<b>Core</b> <b>10:30-11:00 AM</b> Brenda	<b>Active 4 Life: Strength</b> <b>10:30-11:15 AM</b> Candy		<b>Yoga</b> <b>10:00-11:00 AM</b> Brenda	
	<b>Zumba®</b> 5:40-6:25 PM Shiho	<b>Yoga + Core</b> <b>5:30-6:25 PM</b> Angela			<b>SUNDAY</b>
<b>Yoga</b> <b>6:00-7:00 PM</b> Leslie		<b>Tai Chi</b> <b>6:30-7:30 PM</b> Bill		<b>Tai Chi</b> <b>6:30-7:30 PM</b> Bill	

## TRX® Suspension Training® and Specialty Classes

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

## Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle Strength</b> <b>5:25-6:10 AM</b> Bob/Ali		<b>Cycling</b> <b>5:25-6:10 AM</b> Brad	<b>LES MILLS RPM</b> <b>8:00-8:45 AM</b> Team
	<b>LES MILLS RPM</b> <b>10:30-11:15 AM</b> Kristy/Riley	<b>LES MILLS sprint</b> <b>12:20-12:50 PM</b> Kristy		<b>LES MILLS RPM</b> <b>12:20-12:50 PM</b> Rob	
<b>LES MILLS RPM</b> <b>5:30-6:15 PM</b> Ali	<b>Cycle Strength</b> <b>5:30-6:15 PM</b> Bob	<b>LES MILLS sprint</b> <b>5:30-6:00 PM</b> Dan	<b>Cycling</b> <b>5:30-6:15 PM</b> Bob		<b>SUNDAY</b>
					<b>LES MILLS sprint</b> <b>8:15-8:45 AM</b> Kristy

## Virtual Gym Schedule

*NEW videos will be posted weekly*

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>