



Group Fitness Class Schedule

May 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. Limit 12

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

Table with 2 columns: Cardio, Dance, Mind and Body, Silver Sneakers, Strength, Specialty Format

Coming in May

PowerHour with Dixie

Tuesday 6:00 PM/Thursday 5:00 PM

Sign up is required

Class Change

Wednesday 6:35 AM

Beginner Step is cancelled

High Court

Main class schedule table with columns for Monday through Saturday and rows for various fitness classes like Kickboxing, Core, SilverSneakers, etc.

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build & Burn + Core 8:00-8:55 AM Janet		Core 6:15-6:30 AM Bob/Ali			
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda	Zumba Gold® 9:05-9:50 AM Jamie	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	Yoga Strength 11:30-12:15 PM Cher		Yoga 10:00-11:00 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	Shotokan Karate 6:30-7:30 PM Mark	Tai Chi 6:30-7:30 PM Bill	Shotokan Karate 6:30-7:30 PM Mark	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® 10:30-11:15 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 Kristy/Ali
	LES MILLS RPM 10:30-11:15 AM Kristy/Rob	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	Cycling 5:30-6:15 PM Bob		SUNDAY
					LES MILLS sprint 8:15-8:45 AM Kristy

**Silver Sneakers and Active 4 Life Classes are open to ALL members!
Classes are held in the high court.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSIC 8:10 AM	CIRCUIT 8:10 AM	CLASSIC 8:10 AM	CIRCUIT 8:10 AM	CLASSIC 8:10 AM	
CARDIO 10:30 AM	YOGA 9:10 AM	STRENGTH 10:30 AM	YOGA 9:10 AM	CARDIO/STRENGTH 10:30 AM	