



Group Fitness Class Schedule

July 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-1:00 PM
 Monday-Thursday 4-7:00 PM
 Friday PM CLOSED FOR SUMMER
 Saturday 8 AM-12 PM

Format Legend

Cardio	Dance
Mind and Body	Silver Sneakers
Strength	Specialty Format

July Class Information

Funky Yogi Summer Series

Last Friday of the month through August at 4:30 PM

In the fitness classroom

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing \$ 5:30-6:15 AM Dan/Team	Muscle Works 5:30-6:30 AM Janet	Kickboxing \$ 5:30-6:15 AM Karla/Team	LES MILLS BODYPUMP 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Sandy/Team	
Core 6:15-6:30 AM Dan/Team	Beginner Step 7:30-8:00 AM Katie/Julie		Beginner Step 7:30-8:00 AM Chris N.	Core 6:15-6:30 AM Sandy/Team	
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	Active 4 Life: Strength 10:30-11:15 AM Candy	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 Rob/Aaron	LES MILLS BODYPUMP 11:30-12:15 PM Katie/Julie	Kickboxing \$ 11:30-12:15 PM Team	
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
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 Flow 10:00-11:00 AM Cher		Yoga 10:00-11:00 AM Brenda	
		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

Morning Madness 5:25-6:10 AM Brad	TRX® 5:30-6:15 AM Ken/Yvette		TRX® 5:30-6:15 AM Ken/Yvette		
TRX® 10:30-11:15 AM 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 7:30-8:15 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 Xpress 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			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.**