

Group Fitness Class Schedule December 2024

319-295-2552

Business Hours

Monday-Thursday 4:00 AM-10:00 PM
Friday 4:00 AM-9:00 PM
Saturday-Sunday 6:00 AM-8:00 PM

Rec Room Babysitting Hours

Reservations are required. Limit 12

Monday-Friday 9 AM-1:00 PM
Mon, Tues, Thurs **(no Wed.)** 4-7:00 PM
Friday 4-6:30 PM
Saturday 8 AM-12 PM

Format Legend

Cardio	Dance
Mind and Body	Silver Sneakers
Strength	Specialty Format

December class notes

TRX Xtreme with Dixie

Thursdays 5:30 PM
Dec. 5th 12th, 19th

Monday and Friday Core at 6:15 AM has been canceled.

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 5:30-6:15 AM Dan/Aaron	Muscle Works 5:30-6:30 AM Janet	Kickboxing 5:30-6:15 AM Karla/Aaron	LES MILLS BODY PUMP 5:30-6:15 AM Tracey	Kickboxing 5:30-6:15 AM Sandy/Aaron	
	Beginner Step 7:30-8:00 AM Katie/Julie		Beginner Step 7:30-8:00 AM Chris N.		
			Butts and Guts 6:15-6:30 AM 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	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 BODY PUMP 11:30-12:15 PM Kristy	Kickboxing 11:30-12:15 PM Rob/Aaron	LES MILLS BODY PUMP 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 Chris N.		SilverSneakers® Classic 1:35-2:20 PM Chris N.	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/Marcia		
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
	Shotokan Karate 6:30-7:30 PM Mark		Shotokan Karate 6:30-7:30 PM Mark		

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		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		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 Yvette		TRX® 5:30-6:15 AM Yvette		
TRX® 10:30-11:15 AM Bob	Athletic Edge 5:15-6:30 PM Brenda		TRX® Xtreme 5:30-6:15 PM Dixie		

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			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.**