



Group Fitness Class Schedule

February 2025

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

February notes

Love Your Heart Challenge

Practicing good habits can keep your heart healthy. Join our challenge this month by picking up a tracking sheet under the mezzanine.

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 BODYPUMP 5:30-6:15 AM Tracey	Kickboxing 5:30-6:15 AM Sandy/Aaron	
			Butts and Guts 6:15-6:30 AM Sandy		
	Beginner Step 7:30-8:00 AM Katie/Julie		Beginner Step 7:30-8:00 AM Chris N.		
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/Kelly	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/Margaret	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 Chris N.		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
	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 7:30-8:30 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 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				

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 Express 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.**