



Group Fitness Class Schedule

March 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

Legend table with categories: Cardio, Dance, Mind and Body, Silver Sneakers, Strength, Specialty Format

March Class Notes

Learn the Irish Jig

This fun pop-up class will be offered again this year on Tuesday, March 11th at 10:30 AM.

Join Jacki in the high court!

High Court

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

## Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Build &amp; Burn<sup>+</sup> Core</b> 7:30-8:30 AM Janet		<b>Core</b> 6:15-6:30 AM Bob/Ali			
<b>Zumba Gold<sup>®</sup></b> 9:05-9:50 AM Shiho	<b>Yoga</b> 9:20-10:20 AM Brenda	<b>Zumba Gold<sup>®</sup></b> 9:05-9:50 AM Jamie	<b>Yoga</b> 9:20-10:20 AM Sandy	<b>Zumba Gold<sup>®</sup></b> 9:05-9:50 AM Jamie	<b>Yoga</b> 9:20-10:20 AM Team
<b>Body Barre</b> 10:30-11:15 AM Jacki				<b>Yoga</b> 10:00-11:00 AM Brenda	
		<b>Yoga + Core</b> 5:30-6:25 PM Angela			<b>SUNDAY</b>
<b>Yoga</b> 6:00-7:00 PM Leslie		<b>Tai Chi</b> 6:30-7:30 PM Bill		<b>Tai Chi</b> 6:30-7:30 PM Bill	

## TRX<sup>®</sup> Suspension Training<sup>®</sup> and Specialty Classes

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

## Cycling Studio

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