

# Group Fitness Class Schedule

## May 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

### May Notes

**May 1st:** Power Hour 2025 begins.  
**May 3rd:** Women's Self-Defense in the fitness classroom 10AM-4PM.  
**May 5th:** Cycle de Mayo special cycling class at 12:30PM.

## High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 5:30-6:15 AM Dan/Aaron	<b>Muscle Works</b> 5:30-6:30 AM Janet	Kickboxing 5:30-6:15 AM Karla/Aaron	<b>LES MILLS BODYPUMP</b> 5:30-6:15 AM Tracey	Kickboxing 5:30-6:15 AM Sandy/Aaron	
			Butts and Guts 6:15-6:30 AM Sandy		
	<b>Beginner Step</b> 7:30-8:00 AM Katie/Julie		<b>Beginner Step</b> 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	<b>Muscle Works</b> 8:00-9:00 AM Tracey
<b>Muscle Works</b> 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Heidi	<b>Muscle Works</b> 9:20-10:20 AM Janet	SilverSneakers® Yoga 9:10-9:55 AM Angela	<b>Muscle Works</b> 9:20-10:20 AM Chris G.	<b>Step</b> 9:10-9:55 AM Chris N.
<b>Active 4 Life: Cardio</b> 10:30-11:15 AM Candy	Line Dancing 10:15-11:00 AM Jamie	<b>Active 4 Life: Strength</b> 10:30-11:15 AM Candy	Line Dancing 10:15-11:00 AM Jamie	<b>Active 4 Life: Cardio/Strength</b> 10:30-11:15 AM Candy	
Kickboxing 11:30-12:15 PM Hannah	<b>LES MILLS BODYPUMP</b> 11:30-12:15 PM Kristy/Margaret	Kickboxing 11:30-12:15 PM Rob/Aaron	<b>LES MILLS BODYPUMP</b> 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 Jenn		SilverSneakers® Classic 1:35-2:20 PM Chris N.	<b>LES MILLS BODYPUMP</b> 9:00-9:55 AM Tracey
Kickboxing 4:30-5:15 PM Ashley	<b>Metabolic Strength Training</b> 4:30-5:15 PM Ashley	Kickboxing 4:30-5:15 PM Kerry	<b>LES MILLS BODYPUMP</b> 4:30-5:25 PM Julie/Marcia		
<b>Metabolic Strength Training</b> 5:30-6:15 PM Ashley	<b>LES MILLS BODYPUMP</b> 5:30-6:25 PM Katheryn	<b>Metabolic Strength Training</b> 5:30-6:30 PM Dixie			<b>Zumba®</b> 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
<b>Build &amp; Burn + Core</b> 7:30-8:30 AM Janet		<b>Core</b> 6:15-6:30 AM Bob/Ali			
<b>Zumba Gold®</b> 9:05-9:50 AM Shiho	<b>Yoga</b> 9:20-10:20 AM Brenda	<b>Zumba Gold®</b> 9:05-9:50 AM Jamie	<b>Yoga</b> 9:20-10:20 AM Sandy	<b>Zumba Gold®</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® Suspension Training® and Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Madness</b> 5:25-6:10 AM Brad	<b>TRX®</b> 5:30-6:15 AM Yvette		<b>TRX®</b> 5:30-6:15 AM Yvette		
<b>TRX®</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.**