



Collins Aerospace

REC CENTER

Group Fitness Class Schedule

June 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
Saturday 8 AM-12 PM

Format Legend

Cardio

Dance

**Mind and
Body**

**Silver
Sneakers**

Strength

**Specialty
Format**

June—August changes

- **Monday RPM** 5:30PM **Paused**
- **Sunday Zumba** 4:00PM **Paused**
- **Wednesday Yoga + Core** 5:30PM
now **Yoga Xpress** (45-minutes)
still at 5:30PM

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	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 Jenn/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 Jenn		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			
	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		Core			
7:30-8:30 AM Janet		6:15-6:30 AM Bob/Ali			
Zumba Gold®	Yoga	Zumba Gold®	Yoga	Zumba Gold®	Yoga
9:05-9:50 AM Shiho	9:20-10:20 AM Brenda	9:05-9:50 AM Jamie	9:20-10:20 AM Sandy	9:05-9:50 AM Karen	9:20-10:20 AM Team
Body Barre				Yoga	
10:30-11:15 AM Jacki				10:00-11:00 AM Brenda	
		Yoga Xpress			SUNDAY
		5:30-6:15 PM Angela/Team			
Yoga		Tai Chi		Tai Chi	
6:00-7:00 PM Leslie		6:30-7:30 PM Bill		6:30-7:30 PM Bill	

TRX® Suspension Training® and Specialty Classes

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

Cycling Studio

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

Please check our website, social media and posters/flyers around the rec center for additional summer-only classes offered June-August!

Updated 6/1/25