

MOVE Better. **FUEL** Better. **LIVE** Better.

Collins Aerospace Rec Center Programs and Services



Empowering our members to lead healthier and more fulfilling lives.
- Our Mission Statement

Working together to help you discover the best programs and services to help you Move Better, Fuel Better, and Live Better.

Thank you for choosing the Collins Aerospace Rec Center as YOUR fitness center.

...And So Much More!

Follow us on Facebook for constant updates about what's going on at the Rec Center! New events and programs are happening all the time! You can also find current happenings on the Information Center.



Find us on
Facebook

Table Of Contents

General Information	9
General Facility Rules and Guidelines	10
Member Benefits	11
Membership Fees	
Payment Methods and Other Fees	
Guests/Visitors/Spectators	12
	13
Youth Programming and Services	13
Rec Room Babysitting	13
Youth Member General Information	
WATTS Training Program	
Kids Fit 'N Fun Class	14
	15
Functional Movement	
Pilates Program	
B.A.S.E. Camp	16
	17
Adult Programming and Services	18
Nutrition & Health Coaching	19
Personal Training	20
Know Your Numbers/Fitness Challenges.....	21
Rec Center Records/Adult Leagues.....	22
Weight Training	
Indoor & Outdoor Courts/Sports Park.....	
Physical Therapy	23
	24
Senior Programming and Services	24
Senior General Information	
Senior Group Fitness Classes	
SilverSneakers® Classes	25
	25
Group Fitness Classes	26
Dance Classes	26
Mind/Body Classes/Martial Arts.....	26
Cardio Classes	27
Cycling Classes	27
TRX Classes.....	28
Strength Classes	
Specialty Classes	29
Kick Boxing Xtreme	
Online Member Account Info	



Regular Business Hours:

Monday-Thursday: 4 AM-10 PM

Friday: 4 AM-9 PM

Saturday-Sunday: 6 AM-8 PM

Facility Guidelines

Check-In

All members are required to present their Rec Center key fob at the Front Desk for admission to the facility. When entering through the north door, members are required to stop at the Front Desk to complete the check-in process.

The north entrance of the Rec Center is a limited use entrance according to the following guidelines:

All Rec Center Members:

Monday-Friday: 7 AM-5 PM

Outer door - Unlocked

Inner door - Use Rec Center key fob

Collins Aerospace Employee Members:

Monday-Friday: 4 AM-7 PM

Outer door - Use Collins badge + PIN

Unlocked between 7 AM-5 PM

Inner door - Use Rec Center key fob

All members, league participants, spectators, visitors and vendors are required to check in at the Front Desk. Guests are not permitted to enter through the north door, even if entering with a member.

Member Dress Code

Proper, freshly laundered gym attire is required. Closed-toe athletic shoes must be worn in the cardiovascular and weight areas. Non-marking shoes must be worn on the wood courts. Athletic shoes should be free of sand, rocks, debris and anything that can damage equipment and flooring, including, but not limited to cleats or spikes. It is recommended that you change into your athletic shoes once in the facility. For safety and health reasons, we suggest wearing shower shoes or flip flops in the locker room. T-shirts and other clothing with offensive language may not be worn. All shorts must properly cover the

waistline and thigh in front and back. Shirts must be worn at all times while on the workout floor, courts and in the lounge. Please refrain wearing fragrant personal products while using the facility.

Stroller Policy

Strollers can be used on the track in the High Court from 9-11 AM and 1-3 PM, as long as there is not heavy track or court usage. Individuals pushing strollers must walk single file to allow other members using the track to pass safely and easily.

Equipment Cleaning

To help keep the Rec Center clean, spray bottles with a disinfectant solution and cleaning towels are located at convenient locations around the facility for cleaning equipment. Be sure to clean machines and equipment before and after using them. To protect the electronics and prolong the life of the machine, please spray the disinfectant on the towel before wiping the equipment instead.

Cell Phone and Camera Usage

Photographing or videotaping of individuals or groups within the Rec Center or Sports Park without specific permission is strictly prohibited. In addition, we ask that you be respectful of others when using your phone in the facility. The use of cellphones and any video enabled device, including cell phones, iPads, iPods, etc., is prohibited in locker rooms. These devices must be stowed at all times while in the locker room.

Alcoholic Beverages and Tobacco Products

Alcoholic beverages are not allowed in the Rec Center or on Collins Aerospace company grounds. A member may be asked to leave if they are under the influence. Smoking is prohibited in all areas of the Rec Center and Collins Aerospace buildings and grounds without exception. Although tobacco products may be stored in your personal vehicles, the use of tobacco products is strictly prohibited while your vehicle is on company property. (Defined as smoking, chewing, use of electronic cigarettes or snuffing of tobacco in all forms.) Littering of tobacco products on company premises is prohibited. Members who do not comply will be subject to disciplinary action and/or state-enforced penalties and membership privileges could be jeopardized.

General Rules and Guidelines

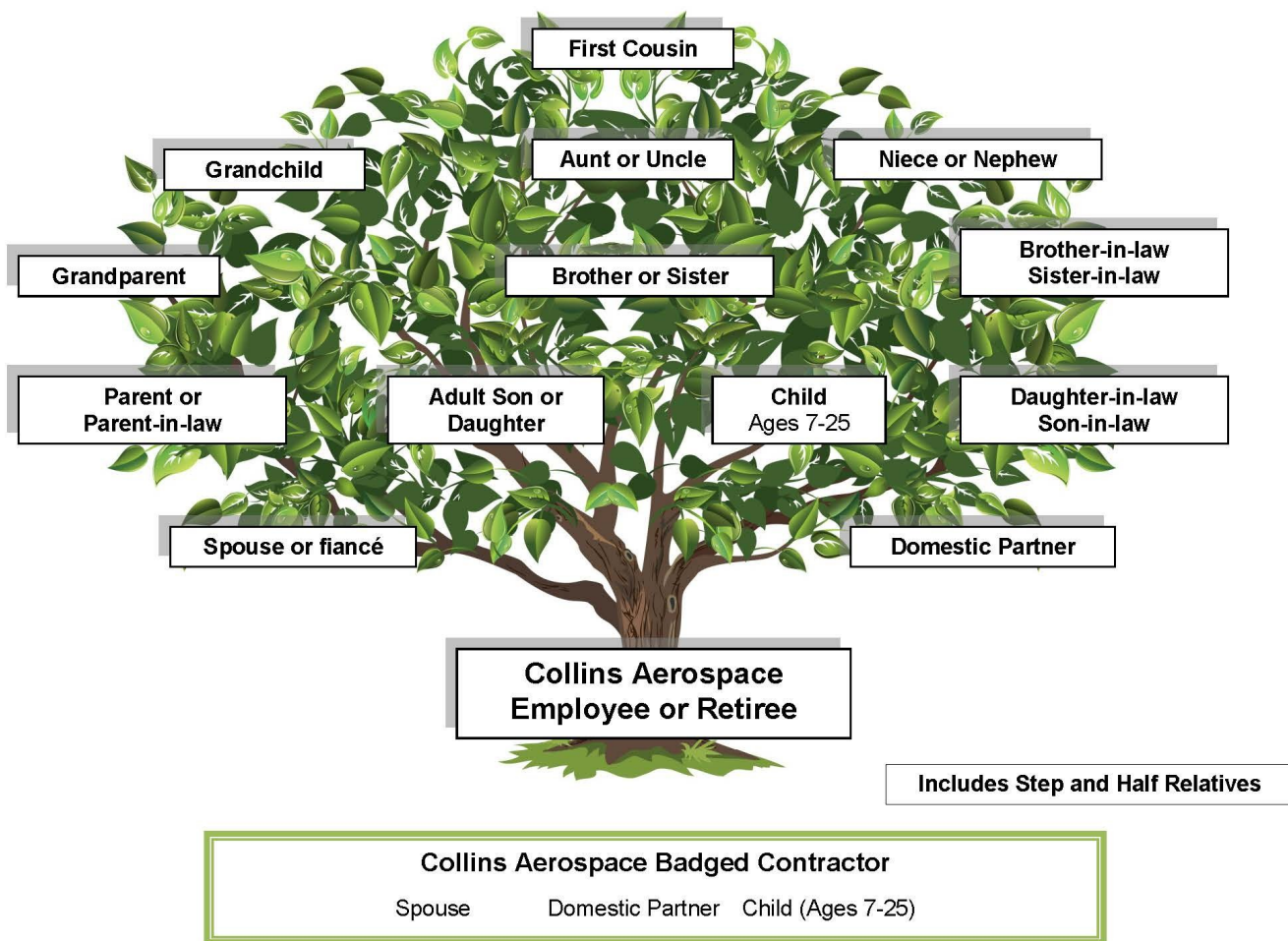
About the Rec Center:

The Collins Aerospace Rec Center is located in northeast Cedar Rapids on Collins Road. The Collins Aerospace Rec Center is a 60,000 square foot multi-purpose corporate fitness facility, providing an invaluable benefit to employees, retirees and their families.

Match Play Tennis Centers, Inc. is a contract management firm that has operated the Collins Aerospace Rec Center since it opened in April 1986.

For more information about the Sponsor-a-Friend program available to Collins employee members see page 8.

Collins Aerospace Rec Center Eligibility



Knowledgeable Certified Staff

The Rec Center Fitness Staff will always provide you with professional “workout” coaching and instruction tailored to your own fitness needs and goals. The Collins Aerospace Rec Center Fitness Team is highly educated and experienced in physical fitness. All Exercise Physiologists hold a Bachelor’s Degree in an exercise science field. All Personal Trainers have current personal training certifications.

Communication - Always know what’s going on!

- Newsletter - If you provide us with an email address, you will receive our monthly newsletter plus information on upcoming activities and events via email.
- Check our website! www.collinsaerospacereccenter.com
- The Information Center provides updated information on Rec Center news, events, programs, leagues, challenges, group fitness and more.
- Stay up to date by following the Collins Aerospace Rec Center Facebook page and Instagram!
- Set up your online member account (see page 34). Then you can download the Rec Center app for free by searching Collins Aerospace Rec Center in your Apple or Google Play store. With the app you can easily see the group fitness schedule, register for classes and programs, view check-in history, see statements and view future scheduled appointments.

Comment Box

We welcome any feedback you may have! Fill out a comment card and place it in the comment box located at the front desk.

Referral Program

When a member refers someone to the Rec Center for membership, they will receive a gift after the new member has remained an active member for four months. The following rules apply:

- When the member joins, they must indicate they were referred by you.
- Referred members cannot have been a member at the Collins Aerospace Rec Center in the past.
- For this promotion, referred members cannot be participants in the SilverSneakers®, Silver & Fit, Renew Active or AARP membership programs.

After the new member has remained active for four months at the Collins Aerospace Rec Center, the referring member will receive their choice of gifts. These items are on display near the front desk at the Rec Center.

Member referral program cannot be combined with other offers, promotions or discounts.

Lost and Found

Lose something? The Recreation Center keeps lost and found items at the Front Desk. All items not claimed after a two week time period will be donated to Goodwill.

Coffee

Complimentary coffee is available Monday through Friday in the Rec Center Lounge.



Rec Center Member Benefits

Towel Service

The Rec Center provides complimentary towel service. Sweat and shower towels are provided. They may be picked up at either end of the Front Desk upon entering. Once finished, please return towels to the dirty towel bin to be washed. The towels bins are located outside the locker rooms and near the High Court entrance.



Lockers

Complimentary lockers are available for members to use during their workout in the facility. Members must provide their own locks for daily use. Padlocks, combination and key locks, are available for purchase at the Front Desk. Any padlocks left on lockers at the end of the day will be cut off. Locker contents will be left at the Front Desk for two weeks for members to claim. A limited number of lockers are available in the High Court for rental at the rate of \$5 plus tax per month.

Other locker options for day use:

- Mini lockers with resettable combinations. This is a great option for members who need to store small items such as keys, wallets and cell phones while they complete their workout. These lockers are located on the wall beyond the Front Desk and Physical Therapy entrance.
- Quarter-size lockers - A padlock is required to secure contents. These lockers are the perfect size for those who want to store shoes or small bags. These are available in two locations—near the entrances of the locker rooms and in the High Court.

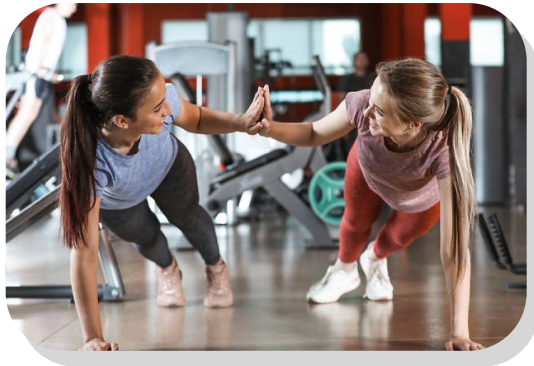
Members may use the locker room, shower and restroom facilities in accordance with their gender identity or expression. Our facility includes two All Gender restrooms for anyone who would like to use a gender neutral restroom. Both gender specific locker rooms have private, enclosed changing areas, showers and toilets for use by any member who desires to use them.

Locker Room/Restroom Rules and Regulations

- The use of cell phones and any video enabled device, including iPads and iPods, etc., is prohibited in locker rooms. These devices must be stowed at all times while in the locker room.
- Children under the age of 12 are restricted from utilizing the locker rooms. Members and guests may use the All Gender restrooms for family changing areas and for individual use.

Saunas

The Rec Center provides dry-heat saunas in both the men's and women's locker rooms.



SPONSOR-A-FRIEND Program

Collins Aerospace Employee Rec Center members may sponsor a maximum of 2 friends at one time for a Rec Center membership.

- To participate in this program, the Collins employee member must complete a sponsorship form and be present with their friend at the time of enrollment.
- The friend must be 18 years of age.
- For more details please speak with a front desk team member.

Free Services

Free New Member Consultation

We recommend all new members attend a 30 or 60 minute new member consultation with an Exercise Physiologist or a Club Monitor. The consultation covers equipment usage, programs and Rec Center policies. This appointment is a great opportunity to discuss your personal fitness goals and schedule appointments for additional services.

Member Fitness Programming

Need direction on how to begin or enhance your fitness program? Our Exercise Physiologists and certified trainers are here to help! The Rec Center pros will create a basic fitness program tailored to your needs. They will walk you through the program in a one-hour appointment. This free program can be re-evaluated and updated every 2-3 months, if desired. If you're looking for more detailed programming, you will want to work with one of our personal trainers. See page 20 for more information on personal training.

Paid for Services

Body Composition

Measure your lean muscle mass to body fat mass by using a bio-electrical impedance Tanita scale, skinfold and/or circumference (tape) measurements.

Members: Tanita Scale or Caliper Body Comp \$7

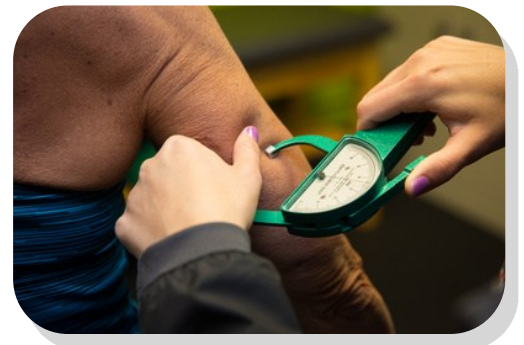
Non-Members: Tanita Scale or Caliper Body Comp \$14

Fitness Assessment

Tracking progress is key to improving your fitness level. The Fitness Assessment is a great place to start. The 45-60 minute test assesses cardiopulmonary work capacity, musculoskeletal strength along with endurance, flexibility and body composition. The Exercise Physiologists can use your Fitness Assessment results to tailor an exercise prescription to improve your fitness level and achieve your specific goals. You will be on your way to achieving the results you have established with your trainer!

Members: \$46

Non-Members: \$50



Membership Fees

Collins Aerospace Employee/Retiree and Immediate Family Members

Immediate Family rates apply to Collins Aerospace Employees and Retirees who sponsor their immediate family including spouse or domestic partner and children ages 7-25.

- One member \$29 + tax (monthly)
- Two members \$58 + tax (monthly)
- Three members \$78 + tax (monthly)
- Four or more members \$88 + tax (monthly)
- Youth option (7-11 years) \$120 + tax (6 month rate)

Extended Family/Contractor Rates

Extended Family rates apply to the following family members of Collins Aerospace Employees and Retirees: adult children who have set up their own household or are over the age of 25, daughter-in-law, son-in-law, brother, brother-in-law, sister, sister-in-law, parent, parent-in-law, aunt, uncle, niece, nephew, first cousin, grandchild and spouses of aforementioned individuals.

Contractor - Collins Aerospace badged contractors may sponsor their spouse or domestic partner and children ages 7-25.

- One member \$35 + tax (monthly)
- Two members \$70 + tax (monthly)
- Three members \$96 + tax (monthly)
- Four or more members \$112 + tax (monthly)
- Youth option (7-11 years) \$120 + tax (6 month rate)

Retirees Rates

- Collins Aerospace Retiree *Restricted** \$16.50 + tax (monthly) or \$99 + tax (6 month rate)
- Collins Aerospace Retiree Unrestricted \$29 + tax (monthly) or \$174 + tax (6 month rate)
- Senior *Restricted** (62 and older) \$19.50 + tax (monthly) or \$117 + tax (6 month rate)
- Retiree Unrestricted (62 and older) \$35 + tax (monthly) or \$210 + tax (6 month rate)

**Restricted* during the following hours:

Monday-Friday 4-7 AM and Monday-Thursday 4-10 PM. See page 23 for more information on retiree plans.

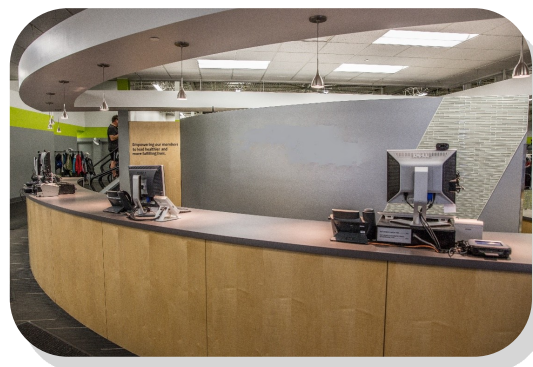
Note: Family plan rates apply to immediate family, immediate family is considered spouse or domestic partner and children ages 7-25. Family plans must be paid with a single payment method. (See rates indicated above).

New members under the age of 18 must be accompanied by a parent or legal guardian when enrolling. Waiver must be signed by the parent or legal guardian.

Family definition includes in-laws, step or half relatives.

Other Membership Fees

- Enrollment Fee - \$30 plus tax for new and returning members
- Summer and Holiday Student memberships are available
- Shower only membership - \$15 per month (includes tax)
- Monthly passes may be purchased for \$50 plus tax



Convenient Payment Methods

Automatic Bank Withdrawal

Payment made monthly from your checking or savings account. If you will be making your payment through automatic bank withdrawal, please have your bank information available including bank name, routing number, account number and a voided check.

Credit/Debit Card

Payment made monthly with a credit card. If you will be making your monthly payment with a credit card, you will need to provide your credit card information to the front desk staff and ask that the number be stored in your account.

Payroll Deduction

Available to Collins Aerospace employees.

Cash, Check, or Credit Card

For short-term retiree and student memberships - Full payment is required at registration.

Rejoining

A former member can rejoin as long as they still have an avenue of eligibility. An enrollment fee applies to new and returning memberships that have been cancelled for more than 6 months. (See membership fees on page 9).

Cancellation Policy

All members must complete a membership cancellation form at the Rec Center's Front Desk to initiate the cancellation process. No refunds will be granted for memberships that are paid for in full, for a set period of time. All payroll deduction and automatic withdrawal memberships will continue indefinitely until the cancellation form is completed. All balances due must be paid in full and all contract minimum time commitments, if applicable, must be fulfilled prior to cancellation. All cancellations are effective on the last day of the calendar month. Please check your designated payment method to verify that the dues are no longer being deducted.

Other Fees:

Replacement Membership ID Key Fob:

Key Fob Card: \$1.00

Late Closing Fee:

All members must be out of the building prior to the posted closing time. For the first offense, a warning will be issued. For the second or later offenses, a \$1.00 (plus tax) per minute fee will be assessed for each minute after the posted closing time the member remains in the building.



Be Our Guest!

Members who are 16 years and older have the privilege of sponsoring guests to the Collins Aerospace Rec Center. All guests entering the facility must use the Front Desk entrance even when accompanied by a member. All guests are required to check in at the Front Desk.

Daily Guest Fee - \$8 plus tax

Active Military Guest Fee - \$4 plus tax

Weekly and Monthly guest passes are available for eligible non-members.

General Guest Guidelines

- Guests must be at least 7 years old.
- Guests must check-in at the Front Desk and sign the guest waiver at the time of their visit.
- Any guest under the age of 18 must have the waiver signed by a parent or legal guardian.
- All non-eligible guests, (see page 5 for the Rec Center Membership Eligibility Tree) must be accompanied by a member when using the facility.
- Guests 16 years and older must present a valid guest pass signed by a member sponsor to use the Rec Center when unaccompanied by a member.
- Members may sponsor up to 5 guests per visit.
- Member sponsors are responsible for the conduct of their guests. Guest and/or member privileges may be revoked based on misconduct or failure to follow Rec Center policies.
- Collins Aerospace employee non-members may sponsor themselves or family members (i.e. spouse and children) as a guest to the Rec Center. (Guest guidelines apply)
- Guests may not make court and class reservations in advance.
- All children under the age of seven must be admitted into the babysitting room.



Guests 7-15 years of age

- A parent or legal guardian is required to sign the waiver.
- Guests 7-15 years of age must be accompanied by a member or an adult 18 years or older who is eligible for membership (see page 5 for the Rec Center Membership Eligibility Tree).
- Youth guests ages 7-11 years are required to wear an orange jersey during their visit.

Guests 16-17 years of age

- A parent or legal guardian is required to sign the waiver.
- Eligible guests, 16 years and older may be unaccompanied by a member while using the facility with a valid guest pass signed by a sponsor.

Visitors/Spectators

Those who are allowed access, besides members and guests, are Collins Aerospace league participants and spectators 12 years and older. Spectators must sign a waiver at the Front Desk upon entrance into the facility and are restricted to the league area. Children under the age of 12, brought by the spectators, are restricted to the lounge and must be with an adult at all times. When the child accompanies a member or league participant, they are eligible to utilize the babysitting services for a fee. Spectators are not allowed to enter the locker rooms or use the equipment.



Rec Room

Welcoming children ages 6 weeks to 11 years old!

Complimentary babysitting services are available to Rec Center members. While visiting the Rec Room, your child will be nurtured and stimulated through a variety of activities. The Rec Room is stocked with a variety of infant and toddler toys that are cleaned on a regular basis. There is also a computer for older children to use.

Rec Room Hours

Monday-Friday	9 AM-1 PM
Monday-Thursday	4-7 PM
Friday	4-6:30 PM*
Saturday	8 AM-12 PM

*Closed Friday Evenings during summer months

General Rec Room Information

(Please see our brochure for Rec Room policies)

Infant Bottle Feeding and Diapering Policy

The Rec Room's employees will gladly feed infants (18 months and younger) bottles or sippy cups during their visit. Staff do change diapers. Parents must provide diapers, wipes and change of clothing. Parents will be paged when changing materials are not provided, or if there is limited staff available to change diapers.

Socks Required

Please provide socks for your child in the Rec Room. No bare feet or shoes allowed.

No Food or Drink

No food or drink, including gum, is allowed in the Rec Room except for bottles and sippy cups.

Sickness

Parents will be notified to pick up their child if the child exhibits any of the following symptoms:

- Fever
- Pink Eye
- Diarrhea
- Contagious skin rash/blisters
- Vomiting
- Ear pain
- Colored drainage from their nose or eye

Your child must be symptom and Tylenol free for 24 hours before attending the Rec Room.

Reservations

Members are strongly encouraged to make an advance reservation online through our member portal. Members may only make a reservation up to 2 hours in length per visit. If you do not have a reservation, you may be turned away if the room is full. Reservations may be made up to 2 days in advance at collinsaerospace.clubautomation.com.

Fees

Members: Free

Guests/PT Patients: \$3 + tax per hour, per child

No show fee: \$3 + tax per hour, per child

There is a 2 hour limit per visit. Babysitting service hours are strictly enforced with a late pick up fee of \$1.00 plus tax per minute.

Remaining On-Site

Parents are expected to remain on-site while their child visits the Rec Room. When a parent uses the facility outside, they must provide a cell phone number when checking their child into the Rec Room. Any child under the age of 12 may not be left unattended in the facility.



Staff

All staff in the Rec Room are

certified in both CPR and Bloodborne Pathogens. All staff members must pass a background check and drug screen. Should you have any questions or concerns about the Rec Room babysitting service, please contact the Rec Room at 319-263-3960.

Youth Member General Information

Start your young child(ren) in the life long habit of exercise. Youth and family memberships are available for children ages 7 years and older. Children ages 7-11 years must always be accompanied by an adult member and wear a blue jersey. Blue jerseys are available at the Front Desk.

Youth Membership Benefits

- Personal Fitness Programming
- Basketball and Racquetball Courts
- High Court Track
- Table Tennis
- Cardio Equipment (when appropriate size)



Youth Restrictions

Members ages 7-11 years are restricted from using weight training equipment. If a youth member has been through a New Member Consultation, they may use cardiovascular exercise equipment when they are big enough to safely use it. For more information contact the Front Desk.

Locker Room Policy - Children under the age of 12 are restricted from using the locker rooms. Members and guests may use the All Gender restrooms for family changing areas.

Youth Programs



WATTS Weights - Agility - Technical - Training - Supervision

Ages 12-18 years

WATTS is a fee-based, supervised eight-week program for all youth athletes that is held over the summer. WATTS focuses on injury prevention, improving strength, speed, quickness and coordination through supervised weight training, core strengthening, plyometric and speed workouts.

The WATTS program runs from June to August and is held Monday, Tuesday and Thursday mornings.

Kids Fit N' Fun Class

Ages 2-5 years

Meets the 3rd Wednesday of the month in the Fitness Classroom.
9:30-10 AM

This 30-minute class will get your young child moving in a fun environment. Parents and/or grandparents must accompany their child and are encouraged to participate with them.





ELEVATE YOUR MOVEMENT

Research has shown that having a mindful movement practice can improve spinal mobility, flexibility, muscular endurance, posture, body awareness and most of all help you to move and feel better. Our Pilates + Base Camp programs at the Rec Center are designed to do just that.



PILATES

Our Pilates classes are taught in a small group setting on Balanced Body® Reformers, EXO Chair and more by our team of highly trained instructors. Please see our Pilates schedule for details on classes and pricing (subject to change)

- Getting Started

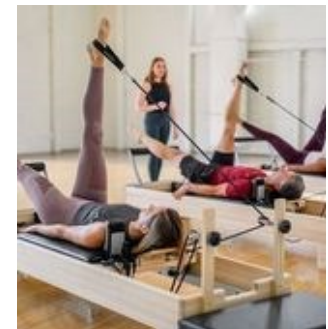
We ask all new/returning Pilates students attend at least one introductory session. During that session, you will be introduced to the Pilates equipment set up and basic exercises. Available in small group or private sessions.

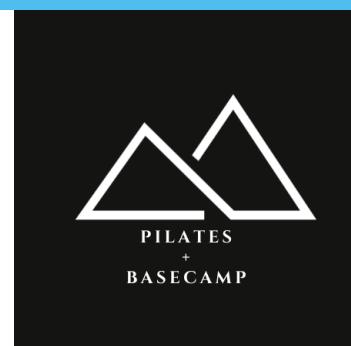
- Set up your Intro Session
Register online for a group session or email Bonnie, Pilates Program Manager at BBPilatesCR@gmail.com to set up a private session.



Pilates Instructor Education

The Collins Aerospace Rec Center is the home of the only Balanced Body authorized training center in the state of Iowa. Courses led by Pilates Master Instructor, Bonnie Benesh. Interested in teaching for us? Click on the *QR code* or visit www.bbpilatescr.com for more information.





What is B.A.S.E. Camp?

B.A.S.E. Camp is our small group training program that joins Collins Aerospace Rec Center and Rec Center Physical Therapy. Our certified trainers and physical therapists will provide a custom plan to help you reach your optimal movement potential.

Program Details

- Access to specialized training located in the Rec Center
- Class sizes are limited to 4 people per class
- 45 minute classes are offered weekly at a variety of times
- Movement coaches will offer corrections, appropriate modifications and progressions
- All fitness levels will benefit from B.A.S.E. Camp

How will you benefit from B.A.S.E. Camp?

- Building a strong foundation in fundamental movement patterns
- Emphasizing core control and body alignment
- Focusing on joint mobility and stability
- Improving balance, agility, strength and endurance

How do you get started in B.A.S.E. Camp?

- Purchase a class package. All packages have a 90 day expiration date and are non-refundable
- Create an online member account and download the Rec Center member app
- Sign up for individual classes
- Optional: purchase and complete a movement screen and receive a personalized corrective exercise plan



Meet the Rec Center Registered Dietitian Nutritionist and Nutritional Health Coach

Sandy Holterhaus, RDN, LD, CYT
Registered Dietitian Nutritionist
Certified Integrative Nutrition Health Coach
Certified Yoga Teacher
319-295-0025



Member Appointments 45 minutes \$24
Eligible Non-members 45 minutes \$48

Nutrition Menu of Services**It all starts with Mindful and Intuitive Eating**

Are you tired of dieting and being a slave to diet rules and guidelines? Rediscover how to reclaim your intuitive eater - the way you were born to eat. Realign your body, mind and spirit by listening to your own body cues. This is a process that begins by using a hunger scale and learning to assess your hunger and satiety.

Medical Nutrition Therapy - based on individual health concerns, instruction can be given in:

Anti-inflammatory Diets

Inflammation in the body has been linked to a number of diseases including cancer, heart disease, diabetes, autoimmune disease, and dementia. Working with the Dietitian we can choose from a number of anti-inflammatory diets and customize a plan that will work for you.

Food Elimination Diet

Have you been experiencing symptoms of inflammatory disease such as runny nose, mucus, scratchy throat, itchy skin, hives, digestive issues or brain fog? An inflammatory food elimination diet can help you pinpoint any foods that may be causing your symptoms.

Gluten/Dairy Free Diet

This diet is for anyone diagnosed with a specific disease that may be improved by the removal of gluten and/or dairy such as thyroid disease, gallbladder disease, acid reflux, celiac and gluten sensitivity.

Irritable Bowel Syndrome (IBS) FODMAP

If you have been diagnosed with fructose or lactose intolerance or irritable bowel syndrome, the Dietitian invites you to try a two week elimination diet that can zone in on carbohydrate containing foods and amounts that may be causing the issues.

Diabetes or pre-diabetes

If your blood sugar numbers have been trending up or reached a classification of pre-diabetes or diabetes the dietitian can work with you to count carbohydrates and adopt a healthy diet to improve your blood sugar numbers.

Other medical conditions

High cholesterol, hypertension or other diseases related to metabolic syndrome, osteopenia or osteoporosis and many other diseases can be improved with attention to the diet.

Personal Training

Personal Training with a Fitness Professional provides you with professional workout coaching and instruction tailored to your own fitness needs and goals. It is used for general fitness, strength training, cardiovascular fitness, body building, sport specific training, pre-hab (injury prevention) and post-rehab conditioning.

The Collins Aerospace Rec Center Exercise Physiologists are highly educated and experienced, each holding a Bachelor's Degree in a health/fitness related field and are ACSM (American College of Sports Medicine) certified. All personal trainers hold a current personal training certification.

Personal Training provides:

- One-on-one workout coaching with a fitness professional
- Increased motivation and accountability to help clients reach their peak fitness potential
- Time efficient workouts for those with busy schedules
- An effective way to manage weight
- Variety to keep your mind and body from burning out and your body from adapting and hitting a plateau

About Personal Training sessions:

- Sessions are 30 or 60 minutes. Please, don't be late. Come dressed and ready to train at the time you are scheduled.
- Purchases of up to 15 sessions expire after 3 consecutive calendar months. Packages of 50 sessions expire after 12 months.
- Cancellations must be made 24 hours in advance or the session will be forfeited.
- Cancellations due to emergencies will be rescheduled at the trainer's discretion.
- Refunds will be issued for unavoidable circumstance such as medical or relocations.
- For more information on Personal Training, please contact Jamie Sands at 319-295-1632.



Personal Training Pricing



For current personal training pricing, please scan the above QR code or call 319-295-2552.

Know Your Numbers!

You may have heard that you need to “know your numbers,” which refers to key markers of heart health such as blood pressure, cholesterol, body mass index (BMI) and waist circumference. Although doctors test most of these numbers at annual check-ups, it’s important that you know your numbers and understand what they mean. By keeping these numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease.

At the Rec Center, we make this easy!

Blood Pressure:

Use our complimentary blood pressure machine located in front of the Pro Shop by the Front Desk! The test takes less than one minute and you get a print out of your information.

Body Composition:

Test your lean muscle mass to body fat mass by using a bio-electrical impedance Tanita scale, skinfold, and/or circumference (tape) measurements. Please make an appointment at the Front Desk.

Members: Tanita Scale or Caliper Body Comp \$7

Non-Members: Tanita Scale or Caliper Body Comp \$14

Fitness Challenges!

Here at the Rec Center, we offer a variety of fitness challenges throughout the year to keep our members motivated and challenged. Check with an exercise physiologist to learn about upcoming fitness challenges.

Bench Press Club

Are you looking for a way to test your strength and monitor your progress?

Join the Bench Press Club!

Earn awards each quarter for percentage of body weight lifted, most improved lift and decreased body fat percentage. Participation in the Bench Press Club is free with lifts held quarterly (January, April, July and October).

Contact Jamie Sands at 319-295-1632 for more information.



The Rowing Challenge

Every March, for one month the Rec Center members come together and row as many meters as they can! Prizes are awarded for the top rowers with different incentives each year. It’s a fun way to come together, be active, and compete against other fitness centers worldwide!

Rec Center Records

Do you have what it takes to be a record holder? We think you do! But keep in mind, these events can be attempted just for fun! Record holders will have their names posted on the Information Center! Don't hesitate to make an appointment with a fitness staff member to either try an event or to ask them to evaluate your form to ensure you're performing the event correctly.

Members may attempt as many records as they want in the time allotted. They may only attempt each exercise once per month. If a participant attempts the record and does not meet standards, they must wait four weeks to attempt again. Schedule with an Exercise Physiologist at the Front Desk! Questions? Contact dixie.church@collins.com.

Events:

- Pull-ups
- Flexed Arm Hang
- Maximal squat
- Maximal dead lift
- Plank hold
- Push-ups
- Rowing Sprint 1000 meters
- 1 mile run

Categories:

- Male 29 years and under
- Female 29 years and under
- Male 30-49 years
- Female 30-49 years
- Male 50-69 years
- Female 50-69 years
- Male 70 years and over
- Female 70 years and over

Still a kid at heart? Discover and try one of our many league programs!

Rec Center Leagues!

Leagues are open to all Collins Aerospace Rec Center members 18 years of age and older. For more information regarding leagues, please visit www.collinsclubsandleagues.com. League participants must be a current Rec Center member.

Jeff Havel, League Coordinator
319-295-0016
laura.green1@collins.com

Badminton

October - May

Basketball

October - March

Cricket

June - September

Flag Football

August - November

Futsal (Indoor Soccer)

October - April

Ping Pong

September - December

Racquetball

Year Round

Soccer (Outdoor)

May-October



Trap and Skeet

March - September

Volleyball

September - April (Indoor)
June - August (Outdoor)

League Coordinator contact information is available at
www.collinsclubsandleagues.com

Weight Training

Weight training is a great way to get stronger and more toned, and the Rec Center has some great programs to assist! Members can request a free basic weight training program from a Rec Center Exercise Physiologist.



Personal Fitness Programming

Not sure how to use the weight machines or need some direction on where to begin? Our certified Exercise Physiologists will put together a basic fitness program to get you started. They will re-evaluate and adjust your program every 2-3 months to keep you going! By appointment only, no fee. For more in-depth fitness programs, members will need to schedule with a personal trainer.

Get Strong

This men's strength training program runs 5-6 weeks in the Fall. Training regiments are provided. Get Strong focuses on getting back to the basics of strength training principles. This is a fee based program. Please contact Dixie Peters at dixie.church@collins.com if you have any questions regarding this program.

Women On Weights 2.0

This is a fee-based program held annually starting in January. The participants meet 2-3 times a week for up to ninety minutes. Instructors provide participants with a wealth of practical information along with specific training programs which are completed during class. WOW was designed to empower women to come together. This program is designed to keep you accountable while boosting your confidence! By the end of the program, participants should have learned enough so they can train effectively on their own. Women will continue to benefit by participating in WOW for multiple years. If you have further questions, please contact Dixie Peters at dixie.church@collins.com.



Power Plate® Personal Training

The Power Plate® is a whole-body vibration (WBV) machine that is registered as a medical device due to studies showing numerous improvements to health. Studies show increased visceral (abdominal) fat loss over traditional workouts alone, improved circulation, lower blood pressure, improved muscle recovery, and better skin tone. Additional benefits may include: improved bone mineral density, balance and muscle strength. For more information contact Sandy at 319-295-0025 or sandra.holterhaus@collins.com

30 minute personal training sessions are available with Sandy. A variety of packages are offered. For more details stop at the front desk for a Power Plate® training brochure.

Reservations are required for court usage except during designated pick up times. Contact the front desk to reserve.

Utilize our basketball, racquetball, pickleball, tennis courts and Sports Park!

Court Etiquette

- Always practice good sportsmanship, including using clean language.
- To avoid interfering with active play on courts, enter the court at closest access point when it is your turn to play.
- Be respectful of other group activities that may be utilizing space adjacent to your court.



Racquetball/Wallyball Courts

- Court reservations can be made up to 48 hours in advance by calling our front desk or online at collinsaerospace.clubautomation.com
- Limit 1 hour racquetball, 90 min. Wallyball
- The Rec Center has three racquetball courts available.
- Court 1 has a basketball hoop on the back wall of court. Racquetball has court priority 11:30 AM-1 PM and 4:30-7 PM, Monday through Friday.
- We are pleased to offer racquet stringing for a fee (contact Jeff Havel at 319-295-0016 for more information).

Basketball, Pickleball, Volleyball on High Court

- Reservations do not need to be made for specific pick up play hours.
- Court reservations can be made 48 hours in advance. Only 1 member needs to make the reservation.
- Limit: 2 hours
- Members may only reserve one court during any given time period.

Sports Park

The Collins Aerospace Sports Park provides members and Collins Aerospace employees a place to recreate outdoors. Amenities include sand volleyball courts, softball fields, trail, pavilion, turf exercise area, lighted tennis courts and football/soccer fields. Reservations may be made by calling Mike Duffy at 319-295-3117.

Perimeter of the trail is approximately .45 miles. Pets are not allowed on the Sports Park grounds.

Reminder: Collins Aerospace property is smoke-free and alcohol-free. (See page 4.)

Tennis and Pickleball

Outdoor Tennis/Pickleball courts may be reserved by calling the Rec Center Front Desk at 319-295-2552. Courts may be reserved for up to 48 hours in advance. Reservations are strongly recommended. Free of charge.



ADULT PROGRAMMING & SERVICES

Rec Center Physical Therapy

A Fitness, Sports, and Wellness Center

Located in the same building as the Rec Center. Open to the public!

Hours: Monday - Friday 7 AM-5 PM

Phone: 319-295-8899

Free 10 Minute Consults!

Call or stop by to schedule!

Tuesday 2-3 PM and Thursday 12-1 PM

Specialties

- Dry Needling
- Deep Tissue Laser Therapy
- Vestibular Rehabilitation: dizziness/balance problems
- Alter G Anti-Gravity Treadmill
- Osteoporosis Education
- Augmented Soft Tissue Mobilization (ASTYM)
- Deep Muscle Stimulator
- Medical Therapeutic Yoga
- Pilates Based Rehabilitation
- Selective Functional Movement Assessment (SFMA)
- Functional Movement Screen (FMS)
- Sports Medicine
- Post Surgical Rehabilitation
- Custom Orthotics
- Women's Health: urinary incontinence, urinary frequency, pelvic organ prolapse, pelvic pain, diastasis



Massage Therapy

- Rates for clients with a Rec Center ID or Collins Aerospace badge:
 - 60 minutes: \$70
 - 90 minutes: \$105
- Rates for clients without a Rec Center ID or Collins Aerospace badge:
 - 30 minutes: \$45
 - 60 minutes: \$75
 - 90 minutes: \$110
- First Time Client Special: 60 minutes for \$55 (badge or no badge)



To learn more about Rec Center Physical Therapy, please pick up a brochure from the clinic or visit their website: www.reccenterphysicaltherapy.com.

Senior General Information

SilverSneakers®/ Silver & Fit®/ Renew Active®

The Rec Center partners with the SilverSneakers®, Silver & Fit® and Renew Active® programs to provide insurance cardholders with a complimentary membership. If you have any questions regarding your fitness benefit eligibility, please contact your insurance provider. This does not include those who have Humana prescription insurance only. All Medicare plan memberships are subject to approval through the appropriate verification portal. For details, please contact a Front Desk representative. Members participating in one of these programs are considered to have an unrestricted membership.



Retiree & Senior Restricted Membership

Any Collins Aerospace retiree or their spouse receiving a Rockwell Collins pension or eligible person age 62 years or older can join as a retiree member at the Collins Aerospace Rec Center. Senior and Retiree members with a restricted membership have a reduced fee, and are allowed to use the facility during the following hours:

Monday-Thursday: 7 AM - 4 PM

Friday: 7 AM - 9 PM

Weekends: 6 AM - 8 PM

There is a \$1 fee to utilize the facility outside of the above stated hours. Retirees paying for a full price, unrestricted membership are free to use the Rec Center without time restrictions.



Senior Group Fitness

Please see group fitness schedule for current class offerings.

Zumba® Gold

A lower intensity ZUMBA® class designed for active seniors, beginning exercisers or populations that need modifications.

Barre

A Barre class with exercises designed to improve lower body strength and balance.

Silver Pilates (Intro Required \$)

All Silver Pilates classes (Silver Reformer and Silver EXO Chair) are for those with special concerns including osteopenia, osteoporosis or those who have recently gone through Physical Therapy.

SilverSneakers® Fitness Program

The SilverSneakers® Fitness Program is offered at the Rec Center. All classes are paced to allow each member to take the workout to their own fitness level. Classes are designed to increase strength, flexibility, balance, range of movement and help make functional activities for daily living easier.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

SilverSneakers® Circuit

The SilverSneakers® Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of the individual participants.

SilverSneakers® Yoga

Get ready to move through a complete series of seating and standing yoga poses. Chair support is offered to allow participants to perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Active 4 Life Cardio

This moderately intense, multicomponent class is designed for older adults. It incorporates: floor aerobics, balance, flexibility and some body weight strength ONLY. This class will increase and decrease your heart rate so you get a cardio workout that is just right for you. You will have the option to use a chair during class.

Active 4 Life Strength

This moderately intense, multicomponent class is designed for older adults, although anyone can join. It incorporates: floor aerobics, balance, flexibility and strength using hand weights and resistance bands. This class is designed for those looking for a little more intensity than a SilverSneakers® class. You will have the option to use a chair during class.

DANCE

Updated group fitness class schedules are available at the front desk, on our member app or at collinsaersospace.clubautomation.com

ZUMBA®

Combines high energy and motivating Latin music with low impact dance moves. No prior dance experience necessary!

ZUMBA Gold®

This class is for anyone looking for a modified ZUMBA® class that recreates the original moves you love at a lower intensity.



MIND/BODY Classes

Please see group fitness schedule for current class offerings.

Barre

A classic Barre class that integrates a ballet barre to create a fat burning workout with exercises that will work your entire body. Movements are designed to improve lower body strength and balance.

Yoga

Our professional instructors will assist all participants at ALL levels in improving flexibility, balance and muscular endurance.

Tai Chi

A martial arts class designed to reduce stress and improve balance while focusing on proper breathing and form. Join Instructor Bill Pearson in the Fitness Classroom. This class is free to Rec Center members!

CARDIO Classes

Please see group fitness schedule for current class offerings.

Athletic Edge

A 75-minute class that will improve your cardiovascular fitness. The class is designed for runners, cyclists and triathletes. Class focuses on training variables to improve your fitness and performance.

SPRINT®

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve results. The 30 minutes you put into a LES MILLS SPRINT® workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals *fast*.

Step

This class helps get your cardio training in as you learn step/aerobic patterns. The choreography is easy to follow, yet challenging enough to get a great cardiovascular workout in!

CYCLING Classes

Cycling

Classes will offer a variety of levels designed to build cardiovascular and muscular endurance, focusing on steady-state training, hill work and interval training.

RPM®

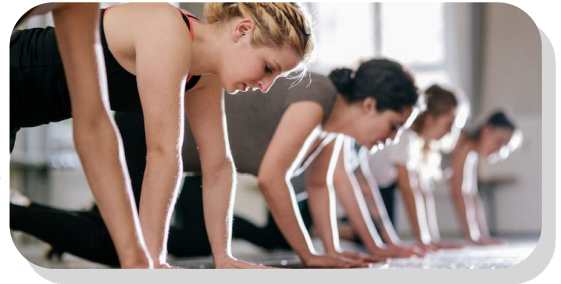
This Les Mills class incorporates a cycling workout where individuals control the intensity. Your instructor will take you on a journey of hill climbs, sprints and flat riding.

TRX Classes

Please see group fitness schedule for current class offerings.

TRX® Suspension Training

This class utilizes your bodyweight to develop strength, balance, flexibility and core stability simultaneously. You control how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Our motivating instructors will help you reach new levels of fitness with this total body class!



STRENGTH Classes

Please see group fitness schedule for current class offerings.

BODYPUMP®

This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

Metabolic Strength Training

A high-energy time-efficient cardio and strength class. Class is broken down into segments of quick, continuous cardio drill mixed with upper and lower body strength work.

MuscleWorks

Strengthen and tone your entire body. This class combines weights, music and instructor motivation to keep your body moving and your energy level high!

SPECIALTY Classes

Please see group fitness schedule for current class offerings.

Core

More than just crunches! This class will target and strengthen the entire core.

Morning Madness

A class designed to give you an invigorating cross training workout. classes are ever the same! You will use a variety of equipment in class to keep your muscles guessing.

Basic Beginner Line Dancing (seasonally)

Learn the basics or just come for the great exercise! You never need a partner, but feel free to bring along some friends and have a lot of fun.



No two each



Kick Boxing Xtreme is a cardio and strength training program with 45-minute classes including Kickboxing, H.I.I.T workouts, KickBOX Bootcamp, Kettlebells, Endurance Cardio, Cross Training and more! All fitness levels are welcome!

Kick Boxing Xtreme Program Details

- 45-minute classes
- Individual orientation session for new members
- Motivation through individual and group challenges offering throughout the year
- Heart rate based training available to maximize your workouts

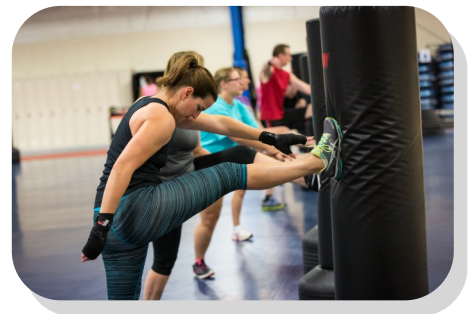
NEW to Kickboxing? Sign up for a personal 101 orientation before getting started. Basic punches and kicks are introduced. Participants receive individual attention to be sure they are using correct form before starting class. Contact Kristy at 263-5981 if you would like more information on KBX or would like to sign up for a 101 orientation.

Kick Boxing Xtreme is offered Monday, Wednesday and Friday at:

- 5:30 AM
- 11:30 AM
- 4:30 PM (no Friday class)

Start at anytime. See KBX brochure for pricing.

Note: Classes are not held on holidays on which the Rec Center is closed or operating at reduced hours.



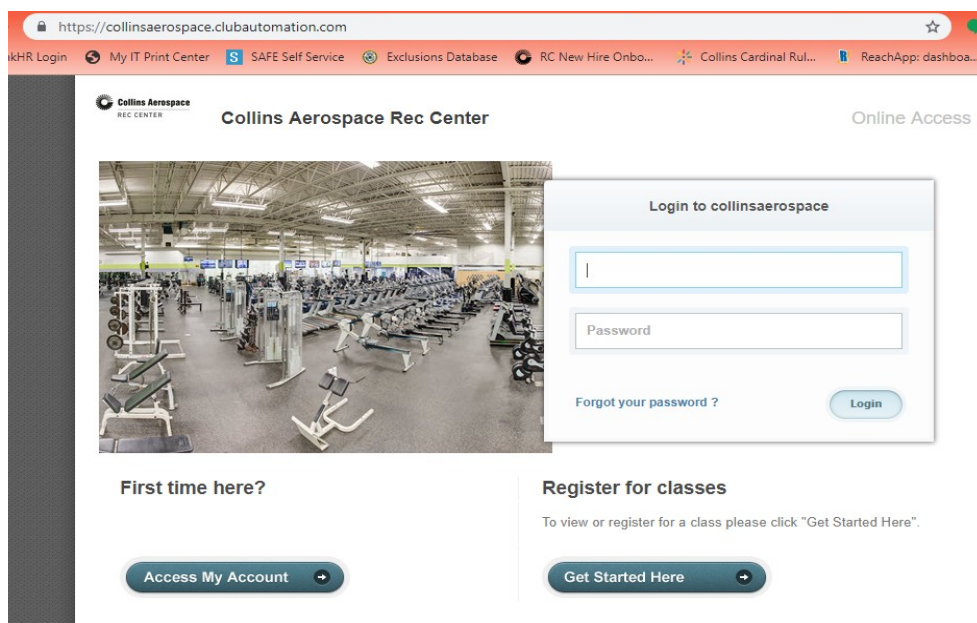
MyZone All-In-One Exercise Tracking Tool

- \$75.00 for your personal heart rate strap (optional)
- Stores up to 16 hours of data
- MyZone App is free to download on a personal device and allows you to set personal goals
- View your personal heart rate tile during class
- Participate in challenges and track your progress along the way

Instructions for setting up your account on the online member portal and registering for classes.

Step 1. In a Google Chrome or Firefox browser, log into the Club Automation website:
<https://collinsaerospace.clubautomation.com>

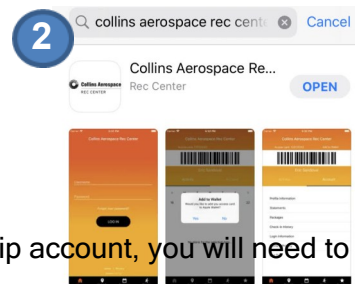
Step 2. Click below “First time here?” on [Access My Account](#) +
 When creating your account, you will need to use the email address where you receive your Rec Center emails.



Then follow the prompts and text boxes to complete your account set up. This only needs to be done once and then you're able to register for classes online and download the app for easy access.

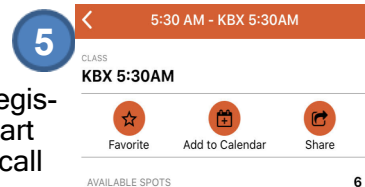
How to Register for Classes on the App

- Step 1. Set up your Club Automation member account. This only needs to be done once and then you're ready to go!
- Step 2. Download the Collins Aerospace Rec Center app from your app store.
- Step 3. Log in using the credentials you created in Step 1.
- Step 4. Select the “classes” icon.
- Step 5. Select the class you wish to attend.
- Step 6. Register for the class. (If there are multiple people linked to your membership account, you will need to confirm the person you are choosing to register.)



What if you can't attend the class you registered for?

To remove yourself from a class, you may do so from the app (same screen you registered from) or call the front desk (319-295-2552) at least 5 minutes before class start time. No-show fees apply. Refunds will not be given for no call/no shows or if you call after class has started.





Collins Aerospace

REC CENTER

400 Collins Road N.E.
Cedar Rapids, Iowa 52498

Phone: 319-295-2552
www.collinsaerospacereccenter.com

