

Health Fitness Land Group Fitness Class Schedule

Classes marked with an * are held in the Chief room and all other classes are in the Functional Training Area.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10 - 6:00am	Body Pump		Body Pump			
5:15 - 5:45am				Strength Circuit		
6:00 - 6:30am				Sprint*		
6:15 - 6:45am	Sprint*		Strength Circuit			
8:00 - 8:50am	Functional Fitness		Functional Fitness		Functional Fitness	
9:00 - 9:50am	Active Aging	Chair Fitness	Active Aging	Chair Fitness	Active Aging	Bootcamp
10:15 - 10:45am	Balance		Balance			
11:30a - 12:00p			Express Mobility			
12:00 - 12:30pm	Noon Express Upper Body Workout	Noon Express Total Body Workout	Power Fusion	Noon Express Lower Body Workout	Noon Express Total Body Workout	
12:05 - 12:55pm	Happy Hour Yoga*				Beginner Yoga*	
1:00 - 1:50pm		Delay The Disease		Delay The Disease		
4:00 - 4:50pm	Total Training	Total Training	Total Training	Total Training		
5:00 - 5:30pm	Pound*		Pound*	Zumba		
5:00 - 5:50pm		Body Pump Night Cap Yoga*				

Register for classes through Club Automation or call the front desk at 319-768-4191.

Class descriptions and fitness levels are on the back.

Class Name	Class Descriptions	Fitness Level
Active Aging	This class will include cardio and strength moves in a circuit type format. Exercises can be modified for all abilities. This class will assist in improving cardiovascular and muscular strength, balance, and endurance.	Low Impact
Balance	Identify specific weaknesses in the balance system to lower the risk of falling. The class will focus on exercises that improve lower-body muscle strength, visual acuity, neck flexibility and ankle dexterity.	Low Impact
Beginner Yoga	This class is for those who are new to yoga. Relaxing breath work and basic yoga postures with proper alignment will be taught.	All
Body Pump	A weight-based fitness class that targets six muscle groups using weight plates, barbells, and an aerobic step.	Intermediate-Advanced
Bootcamp	Designed to increase stamina and strength through challenging total body workouts	All
Chair Fitness	This class will improve your strength, balance, and flexibility while feeling confident seated in a chair. Great for all individuals with disease-specific conditions or those who are new to exercise.	Low Impact
Delay the Disease	A low impact class done mostly in a chair is designed for people with Parkinson's disease. This class helps improve posture, balance, strength, and walking difficulties.	Low Impact
Express Workouts	30 min classes designed to increase strength, stamina, improve mobility, or unwind during your lunch hour.	Variable
Functional Fitness	This class combines resistance training, cardiovascular endurance, core training, and flexibility to keep you functional for your everyday life activities.	Intermediate
Happy Hour Yoga	Take your lunch hour to enjoy a vinyasa style practice designed to strengthen the body and balance the mind. This class will link breath to movement during seated, standing, and balancing postures. Leave feeling energized and empowered.	Intermediate
Nightcap Yoga	Wind down your day with a gentle, meditative practice to relax and renew your body, mind and spirit.	Low Impact
Pound	Channel you inner rock star with this full body cardio-jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums.	All
Power Fusion	Improve your strength, balance, and endurance. Fusing yoga, Pilates, and Barre-inspired exercises for a full body workout.	All
Sprint	A High-Intensity Interval Training (HIIT) class done on our Keiser indoor bikes. It is designed to get you the fastest fat-loss and fitness results possible.	Intermediate-Advanced
Strength Circuit	High intensity class focused on building total body strength.	Intermediate-Advanced
Total Training	The class focus is quick, challenging, intense bursts of exercise by keeping your heart rate up and burning more fat in less time.	Intermediate-Advanced
Zumba®	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	All

Health Fitness Aquatic Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
8:00-8:40am	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Open Swim
9:00-10:00am	Open Swim	Aqua Zumba® (9:15-9:45)	Open Swim	Open Swim	Open Swim	CLOSED
10:00-10:50am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
11:00-11:40am	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	CLOSED
12:00-1:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
1:00-2:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2:00-2:50pm	Aqua Zen (2:00-2:40)	Aqua Fitness	Aqua Zen (2:00-2:40)	Aqua Fitness	Aqua Fitness	
3:00-4:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
4:00-5:00pm	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED	
5:00-5:50pm	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	CLOSED	

Please bring your own towel and shower before getting in the pool.

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Class descriptions and fitness levels are on the back.

Class Name	Class Descriptions	Fitness Level
Aqua Arthritis	This class is designed to maintain normal joint movement, restore flexibility, and reduce pain associated with all forms of arthritis. This class is held in our warm therapy pool which aids in relieving of muscle tension and soreness. No equipment is needed.	Low Impact
Aqua Fitness	A fast-paced class that will get your heart pumpin' and your hair wet! Dumbbells, noodles, wall work, and jumping will help build your endurance.	All
Aqua Zen	This is a low intensity class that focuses on breath control, balance, and body awareness. If you are seeking a gentle class to challenge your body and focus on your mind, this one is for you. No equipment is needed.	Low Impact
Aqua Zumba®	For those looking to make a big splash by adding high energy. Come dance to Latin-infused rhythms and easy-to-follow moves.	All
Open Swim	This is a great time to walk, aqua jog, or sit by our whirlpool jets. Instructors are always present for safety.	All