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 |
|----------------------------|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|---------------------------------------|----------|
| 5:15 – 6:15 a.m. | Intermediate Strength Training | | Intermediate Strength Training | | | |
| 5:30 – 6:15 a.m. | | | | Sweat Session Plus | | |
| 6:15 – 6:45 a.m. | Cycle | | Sweat Session | | | |
| 8:00 – 8:50 a.m. | Functional Fitness | Functional Fitness | Functional Fitness | Functional Fitness | Functional Fitness | |
| 9:00 – 9:50 a.m. | Active Aging | Chair Fitness | Active Aging | Chair Fitness | Active Aging | Bootcamp |
| 10:00 – 10:50 a.m. | | | | Form Fitness | | |
| 11:30 a.m. – 12:00 p.m. | Balance | | Balance | | | |
| 12:00 – 12:30 p.m. | Noon Express Upper Body Workout | Noon Express Total Body Workout | Power Fusion | Noon Express Lower Body Workout | Noon Express Total Body Workout | |
| 12:05 – 12:55 p.m. | Happy Hour Yoga* | | | | Beginner Yoga* | |
| 1:00 – 1:50 p.m. | | Delay The Disease | | Delay The Disease | | |
| 4:00 – 4:50 p.m. | Total Training | Total Training | Total Training | Total Training | | |
| 5:00 – 5:30 p.m. | Pound* | | Pound* | Zumba | | |
| 5:00 – 5:50 p.m. | | 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.

| 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 anket dexterity. Low Impact Beginner Yoga In class is for new yoga students. It will teach relaxing breathwork and basic yoga postures with proper alignment. All Sweat Session The title says it all, this class combines cardio, strength, and core in different structures that range between Tabatas, EMOMS, and Circuits. All Bootcamp Designed to increase stamina and strength through challenging total body workouts All Chair Fitness Allow-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, and stamina, improve mobility, or unwind during your lunch hour. Variable Functional This class combines resistance training, cardiovascular endurance, core training, and flexibility to keep you funch hour to enjoy a vinyass-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 | Class Name | Class Descriptions | Fitness Level |
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