

Fitness Classes are back!

MARCH 15 - APRIL 30

WE ARE STARTING WITH A LIMITED SCHEDULE AND WILL RE-EVALUATE FOR THE MAY SCHEDULE.

BODY EXTREME--- M/W/F, 5:30-6:15AM--- KRISTI/CODY

Step up the intensity with combination of cardio & strength.

PILATES--- M/W/F, 6:30-7:15AM--- ELLIE

Focus on slowing your mind & body as you build strength, tone, and improve flexibility & posture.

WATER AEROBICS--- M/W/F, 9:00-9:45AM--- JANE

Work on your strength and improve your range of motion and flexibility.

YOGA--- M/W, 5:30-6:15PM--- HEATHER

Focus on self-care and meditation as you stretch, flex, & balance your muscles. Slow, soothing, and calming techniques will leave you feeling refreshed.

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SPIN--- T/TH, 5:30-6:15AM--- BECKY

*Stop by the front desk to reserve your spot. Fee must be paid to hold spot - \$2 class/member, \$5 class/non-member. Ride, climb, sprint, & more to upbeat music while improving your cardio, stamina, & power.

YOUTH SWIM--- T/TH, 6:00-6:45AM--- KATIE

*Call the 319.332.0850 to reserve a lane. Youth (18 & under), may swim during designated youth swim times while a Lifeguard or Basic Water Rescue employee is on duty. Youth must be able to pass a lap test unassisted. Lane ropes must be up during youth swim times.

WATER AEROBICS--- T/TH, 6:45-7:30AM--- KATIE

Work on your cardio and strength as you kick, jump, and splash through your workouts.

WATER AEROBICS--- T/TH, 9:00-9:45AM--- TERESA

*Starts March 23. Work on your cardio and strength as you kick, jump, and splash through your workouts.

COVID-19 Guidelines:

- Social distancing required.
- All equipment is to be cleaned after each use.
- Water Aerobics participants are to face the "front" of class at all times.
- Locker Room usage should be kept to a minimum to allow for appropriate social distancing.
- Masks are required when not utilizing the gym, pool or participating in a fitness class.
- Class attendance will be monitored for safety and capped if necessary.

Preregistration for class is not required. However, for the first week, please call the front desk at 319-332-0850 if you plan to participate to confirm class space availability.

