



FITNESS CLASSES

JULY 6 - 28

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	Body Extreme Kristi		Body Extreme Cody		Body Extreme Kristi
6:00-6:30am		Strength Katie		Strength Katie	
6:30-7:15am	Pilates Ellie		Pilates Ellie		Pilates Ellie
6:45-7:30am	Youth Swim	Water Aerobics Katie	Youth Swim	Water Aerobics Katie	Youth Swim
9:00-9:45am	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol
9:45-10:25am		Water Volleyball Kristi		Water Volleyball Katie	
10:30-11:00am		Senior Sneaker Kristi		Senior Sneaker Katie	
4:30-5:15pm		Water Aerobics Jill		Water Aerobics Jill	
5:30-6:15pm	Yoga Heather		Yoga Heather		

THIS SCHEDULE WILL BE RE-EVALUAED FOR THE AUGUST SCHEDULE.
ALL CLASSES ARE SUBJECT TO CHANGE.

Body Extreme

Step up the intensity with combinations of cardio and strength.

Pilates

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

Senior Sneakers

Chair based workout with a focus on strengthening muscles & increasing range of movement for daily life activities.

Strength

This 30-minute class focuses solely on building muscular strength. There is no jumping, but there will be floor exercises.

Water Aerobics

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

Water Volleyball

This is a recreational game of volleying the ball over the net.

Yoga

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

Youth Swim

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.

COVID-19 Guidelines:

- Social distancing required.
- All equipment is to be cleaned after each use.
- 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.