

# FITNESS CLASSES

October 4-29



	Monday	Tuesday	Wednesday	Thursday	Friday
5:05-5:50am		Spin Katie		Spin Katie	
5:30-6:15am	Spin & Strength Kristi		Spin & Strength Cody		Spin & Strength 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 Sara	Water Volleyball Katie	Water Volleyball Kristi	
10:30-11:00am	Silver Sneakers Sara		Silver Sneakers Sara		Silver Sneakers Sara
4:30-5:15pm	Body Blend Sara	Water Aerobics Carol	Body Blend Sara	Water Aerobics Teresa	
5:30-6:15pm	Yoga Heather		Yoga Heather		

This schedule will be re-evaluated monthly. All classes are subject to change.

**Body Blend**-This class is challenging and efficient with a blend of exercises to improve endurance, strength, and balance.

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

**Silver Sneakers**-This is a chair-based workout with a focus on strengthening muscles & increasing range of movement for daily life activities.

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

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

**Spin & Strength**- Get your heart rate up and build strength all in the same class. Spend half your time on the spin bike and half your time strength training.

**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.