

FITNESS CLASSES

January 3-28



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05-5:50am		Spin Becky		Spin Becky		
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	
8:00-8:45am	Spin Katie		Spin Katie			Youth Swim 7:00-10:00am
9:00-9:45am	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol	Spin 7:15-8:00am Jan. 8 & 22
9:45-10:25am	Water Volleyball Kristi	Water Volleyball Sara	Water Volleyball Katie	Water Volleyball Kristi		
10:30-11:15am	SilverSneakers Sara		SilverSneakers Sara		SilverSneakers Sara	
3:45-4:30pm	Youth Swim *starting January 24		Youth Swim *starting January 26			
4:30-5:15pm	Body Blend Sara *starting January 24	Water Aerobics Carol	Body Blend Sara *starting January 26	Water Aerobics Marianne		

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

Body Blend- The class is challenging and efficient. 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.

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 or be accompanied by an adult. 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.