

# FITNESS CLASSES

May 2-31, no classes Monday, May 30



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Youth Swim 7:00-10:00am
6:45-7:30am	Youth Swim	Water Aerobics Katie	Youth Swim	Water Aerobics Katie	Youth Swim	
8:00-8:45am	Spin Katie		Spin Katie			
9:00-9:45am	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol	Water Aerobics Teresa	Water Aerobics Jane/Carol	
9:00-11:00am		Stay & Play				
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	
11:40am-12:00pm	Power Lunch Sara		Power Lunch Sara			
12:00-12:20pm		Power Lunch Kristi		Power Lunch Kristi		
3:45-4:30pm	Youth Swim		Youth Swim			
4:30-5:15pm	Body Blend Sara	Water Aerobics Carol	Body Blend Sara	Water Aerobics Sondra		

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

**Adult Swim-** Call 319.332.0850 to reserve a lane. Available anytime the Wellness Center is staffed & no water classes are being held.

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

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

**Power Lunch-** Take a break from work to re-energize during this 20-minute class.

**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.

**Stay & Play-** A place for children to run, jump & play indoors. Children of members may attend for free & children of non-members may attend for \$2. Adults must accompany children as this program will not be supervised by BCHC staff.

**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 319.332.0850 to reserve a lane. Youth (under 18) 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.