

FITNESS CLASSES

September 6-30



	Monday	Tuesday	Wednesday	Thursday	Friday
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		
8:00-8:30am		Motion Classic Sara		Motion Classic Sara	
9:00-9:45am	Water Aerobics Jane	Water Aerobics Jane	Water Aerobics Jane	Water Aerobics Jane	Water Aerobics Jane
9:00-11:00am		Stay & Play			
9:45-10:25am	Water Volleyball Kristi	Water Volleyball Sara	Water Volleyball Katie		
9:45-11:00am				NEW Water Volleyball Kristi	
10:30-11:15am	SilverSneakers Sara		SilverSneakers Sara		SilverSneakers Sara
3:00-3:45pm	Youth Swim		Youth Swim		
4:15-5:00pm	NEW HIIT Sara		NEW HIIT Sara		
4:30-5:15pm		Water Aerobics Self-Led/No instructor		Water Aerobics Sondra	
6:00-6:45pm	NEW Total Body Strength Marianne		NEW Total Body Strength Marianne		

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.

HIIT- This class is challenging & efficient with intervals of exercises to improve endurance and strength.

Motion Classic- This class is geared towards "Baby Boomers." The class will include a variety of physical activities for all skill levels.

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

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.

Total Body Strength- Lift weights and build strength during this total body class.

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.