

# FITNESS CLASSES

May 1-26



	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	
9:00-10:00am	Pickleball		Pickleball		Pickleball
9:00-9:45am	Water Aerobics Carol/Jane	Water Aerobics Teresa	Water Aerobics Carol/Jane	Water Aerobics Teresa	Water Aerobics Carol/Jane
9:15-11:00am		Stay & Play			
9:45-10:25am	Water Volleyball Kristi	Water Volleyball Sara	Water Volleyball Katie		
9:45-11:00am				Water Volleyball Kristi	
10:30-11:15am	SilverSneakers Sara		SilverSneakers Sara		SilverSneakers Sara
10:30-11:15am		Stroke Efficiency for Lap Swimmers Volunteer Led, Becky *Must pre-register			
11:30am-12:00pm	Spin Katie		Spin Katie		
4:30-5:15pm		Water Aerobics Volunteer Led Brenda		Water Aerobics Volunteer Led Sondra	
4:30-6:00pm	Youth Swim		Youth Swim		
5:30-6:15pm	Total Body Strength Marianne		Total Body Strength Marianne		
6:15-7:00pm	Dance Fit Ellie/Reese			Dance Fit Ellie/Reese	

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.

**Dance Fit-** Choreographed routines designed to work your entire body one song at a time. Routines can be modified or enhanced to help you reach your goals.

**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.

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

**Spin-** 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.

**Stroke Efficiency for Lap Swimmers-** This class will help swimmers be more efficient swimming laps in the pool. Call 319.332.0850 to pre-register as we only have four spots per class.

**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. Lane ropes must stay up during a volunteer led class.

**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.