

Fitness Classes

Starts August 29

| TIME | 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 Kristi | Water Aerobics Katie | Youth Swim Katie | Water Aerobics Katie | Youth Swim Kristi |
| 8:00-8:30AM | | Motion Classic Sara | | Motion Classic Sara | |
| 8:00-8:45AM | Spin Katie | | Spin Katie | | |
| 9:00-9:45AM | Water Aerobics Carol/Jane | Water Aerobics Teresa | Water Aerobics Carol/Jane | Water Aerobics Teresa | Water Aerobics Carol/Jane |
| 9:00-10:00AM | Pickleball | | Pickleball | | Pickleball |
| 9:15-11:00AM | | Stay & Play | | | |
| 9:45-10:30AM | 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 |
| 3:45-4:30PM | Youth Swim Sara | | Youth Swim Sara | | |
| 4:30-5:15PM | | Water Aerobics Sondra | | Water Aerobics Sondra | |
| 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.

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.