

# Fitness Classes

Classes start on August 1.

| TIME          | MONDAY                       | TUESDAY                                | WEDNESDAY                    | THURSDAY  | FRIDAY                       |
|---------------|------------------------------|--|------------------------------|---|------------------------------|
| 5:30-6:15AM   | Spin & Strength<br>Kristi    |  | Spin & Strength<br>Cody      |   | Spin & Strength<br>Kristi    |
| 6:00-6:30AM   |                              | Strength<br>Katie                      |                              | Strength<br>Katie   |                              |
| 6:30-7:15AM   | Pilates<br>Ellie             |  | Pilates<br>Ellie             |   | Pilates<br>Ellie             |
| 6:45-7:30AM   | Youth Swim<br>Kristi         | Water Aerobics<br>Katie                | Youth Swim<br>Katie          |   | Youth Swim<br>Kristi         |
| 8:00-8:45AM   | Spin<br>Katie                |  | Spin<br>Katie                | Water Aerobics @<br>the Indee public<br>pool w/ Katie<br>August 1, 8 & 15 |                              |
| 9:00-9:45AM   | Water Aerobics<br>Carol/Jane | Water Aerobics<br>Teresa               | Water Aerobics<br>Carol/Jane | Water Aerobics<br>Teresa  | Water Aerobics<br>Carol/Jane |
| 9:00-10:00AM  | Pickleball                   |  | Pickleball                   |   | Pickleball                   |
| 9:15-11:00AM  |                              | Stay & Play                            |                              |   |                              |
| 9:45-10:30AM  | Water Volleyball<br>Kristi   | Water Volleyball<br>Sara               | Water Volleyball<br>Katie    |   |                              |
| 9:45-11:00AM  |                              |  |                              | Water Volleyball<br>Kristi  |                              |
| 10:30-11:15AM | SilverSneakers<br>Sara       |  | SilverSneakers<br>Sara       |   | SilverSneakers<br>Sara       |
| 3:45-4:30PM   | Youth Swim<br>Sara           |  | Youth Swim<br>Sara           |   |                              |
| 4:30-5:15PM   | Strength & Core<br>Sara      | Water Aerobics<br>Volunteer led Sondra | Strength & Core<br>Sara      | Water Aerobics<br>Volunteer led Sondra                                    |                              |
| 5:15-6:45PM   |                              | Youth Swim<br>Ellie                    |                              |   |                              |

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.

**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.

**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.

This is a challenging, high intensity class. A mix of exercises to improve endurance and strength.