



# Fitness Classes

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
7:30-8:15AM					Water Aerobics Katie
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	Strength & Core Sara	Water Aerobics Volunteer led Sondra	Strength & Core Sara	Water Aerobics Volunteer led Sondra	
5:15-6:45PM		Youth Swim Ellie			

CLASSES START ON JULY 1. NO CLASSES JULY 4 & 5.

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.