

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:35 a.m.		LES MILLS BODYPUMP Becky		LES MILLS BODYPUMP Becky				
8:00 a.m.	Fit for Life Meg		Fit for Life Meg	LES MILLS BODYVIVE 3.1 45 Becky At 8:30	Fit for Life Connie			
9:15 a.m.	T-N-T Melissa P	3-2-1 Fit Melissa P	Fit for Life Shane	LES MILLS BODYPUMP CXWORX Becky/Jill	Fit for Life Erin	9:00 a.m.	LES MILLS BODYPUMP Erin	
10:15 a.m.		ZUMBA gold Dawn		Stretch & Mobility Becky At 10:30		10:00 a.m.	LES MILLS CXWORX Instructor	
12:05 p.m.	LES MILLS BODYATTACK Laura	T-N-T Melissa P	KickButtStep Laura	LES MILLS BODYPUMP Amy	LES MILLS BODYATTACK CXWORX Jill	10:30 a.m.	LES MILLS BODYATTACK Instructor	
4:30 p.m.	LES MILLS BODYCOMBAT Julie/Melissa H	LES MILLS BODYPUMP CXWORX Sheena	LES MILLS BODYSTEP CLASSIC Julie	LES MILLS BODYPUMP Melissa H	LES MILLS BODYCOMBAT Julie/Melissa H	11:00 a.m.		LES MILLS BODYPUMP Sheena
5:30 p.m.	LES MILLS BODYPUMP Julie/Melissa H	1/2 KickButtStep LES MILLS BODYSTEP ATHLETIC Adam	LES MILLS BODYCOMBAT Sheena	T-N-T Meg	LES MILLS BODYPUMP Brian			
6:35 p.m.	ZUMBA Fawn	LES MILLS BODYPUMP Melissa H	LES MILLS SH'BAM Kelly	LES MILLS BODYJAM Melissa H				

Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
10:15 a.m.	Vinyasa Yoga Vanessa		Yoga Melissa Y			9:00 a.m.	Pilates - 2,16,30 Yoga - 9,23 Jennifer	
5:30 p.m.	Yoga Melissa Y At 6:00	Pilates Emily/Jennifer	LES MILLS BODYFLOW Julie	LES MILLS BODYFLOW Jeremy/Julie At 6:30				

Studio 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:05 a.m.		Cy-Co Erin		LES MILLS RPM 45 Mandi				
5:35 a.m.	Sprinterval Becky		Cy-Worx LES MILLS CXWORX Amy	8 am Silver Spin & Stretch Connie	Spin Amy	8:00 a.m.	Spin Amy	
9:15 a.m.			Sprinterval Becky		Spin Becky	9:05 a.m.	LES MILLS RPM 45 Beth	
5:30 p.m.		Spin Sara		LES MILLS RPM 45 Erin		10:00 a.m.		Spin Instructor
6:00 p.m.	Spin Kris	LES MILLS RPM 45 Jana At 6:35	Spin Kris					

September Changes/Additions

- T-N-T is back on Thursday nights at 5:30pm.
- BodyCombat is back on Friday nights at 4:30pm.
- Child Care is OPEN on Friday nights.

**1st Wednesday of Every Month -
Bring a Friend for FREE!**

LABOR DAY
Monday, September 4th
NO CLASSES
Club Open 8am - 12pm



Child Care Hours

Monday - Friday 8:30am - 1pm
Monday - Thursday 4 - 7:30pm
Friday Evening - 4 - 7pm
Saturday 8am - 12pm
Sunday - Closed

Club Hours

Monday - Thursday 5am - 10pm
Friday 5am - 9pm
Saturday 7am - 7pm
Sunday 7am - 7pm

319-665-2548

PerformanceForHealth.com

For questions about group fitness contact :
Becky Klutts bklutts@perfther.com

Class Descriptions

Les Mills® Classes

BODYPUMP - A rapid fat-burning, full-body class that uses barbells to give you the fastest way to tone and condition muscles!

BODYATTACK - A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness.

BODYCOMBAT - This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYFLOW - The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYJAM - The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through class. So grab a friend, get front and center, and get high on the feeling of dance.

BODYSTEP - The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on the step you get huge motivation from great music and energy.

BODYVIVE - The low-impact, whole body group fitness workout that uses VIVE balls, tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

RPM - The 45 minute indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain of hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within!

SH'BAM - Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

CXWORX - A short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body. In only 30 minutes you will tighten your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cardiovascular and Strength Training Classes

KICK BUTT STEP - A step workout with an interval twist. Challenge yourself to work outside of your comfort zone and achieve higher levels of fitness using powerful and athletic movements.

SPIN - Indoor cycling is a no impact, calorie incinerating workout! An aerobic exercise class complete with invigorating music. Spin is for every level of fitness, from beginner to experienced.

3-2-1 FIT - A total body conditioning class with the use of intervals and weight training to help spice up your workout. 3 minutes of intense cardio to peak the heart rate, 2 minutes of muscle toning using a variety of equipment, followed by 1 minute of absolute abs.

T-N-T - A blast of cardio and strength that changes every week. Use BOSUs, steps, balls, weights and the track to get results. A dynamite class!

CY-WORX - We'll hit the bike hard for 30 minutes, followed by 30 minutes of CXWORX. A short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body.

CY-CO - 45 minutes of cycling (CY), followed by 15 minutes core (CO) work. A quick cool down & stretch leaves you refreshed and ready to take on the day!

SPRINTERVAL - Cardio intervals on the spin bike intermixed with a muscle conditioning circuit. A fun, intense way to get most out of your workout.

Mind & Body Classes

PILATES - A series of controlled movements engaging your body and mind that takes place primarily on the mat. As the Pilates method is extremely adaptable, it is also great for individuals just beginning exercise programs or with somewhat limited mobility and flexibility.

VINYASA YOGA - A dynamic and fast-paced strengthening sequence of postures that synchronizes breath with movement and features upbeat music. This type of yoga will build strength, balance, and flexibility through vigorous and revitalizing postures. This fun 60-minute class will help create both mental and physical stamina.

YOGA - Discover the many ways in which yoga can improve your physical health, cultivate your emotional well-being and enrich your spiritual self. Classes designed with a different focus intended yet still allow space for each student to explore their individual practice.

STRETCH & MOBILITY - Class will consist of a complete warm up of muscles and joints, will include joint mobility exercises, and a total body stretch. Emphasis will be placed on increasing flexibility and joint mobility, decreasing stiffness, and improving the total body range of motion.

Specialty Classes

ZUMBA - A Latin-inspired, dance-fitness class designed for everyone that incorporates Latin and International music and dance movements. Ditch the workout, join the Party!

Performance Active Aging

FIT FOR LIFE - This fun, low-impact, full body workout is geared at improving cardiovascular fitness, total body strength, balance, and flexibility for the active older adult.

ZUMBA GOLD - This Latin-inspired dance fitness class is designed for the active older adult who wants to join the fitness party. Ditch the workout, join the Party!

SILVER SPIN AND STRETCH - 30 minutes of group cycling followed by 15 minutes of active, but relaxing, stretching.