

	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
<b>Studio 1</b>	5:35 a.m.				<b>LES MILLS BODYPUMP</b> Becky				
	8:00 a.m.	Fit for Life Meg		Fit for Life Meg	<b>tone</b> 45 Becky At 8:30				
	9:15 a.m.	T-N-T Melissa P	3-2-1 Fit Melissa P	Fit for Life Erin	<b>LES MILLS BODYPUMP CXWORX</b> Becky/Jill	9:00 a.m.	<b>LES MILLS BODYPUMP</b> Instructor		
	10:15 a.m.		<b>ZUMBA</b> gold Dawn		Stretch & Mobility Becky At 10:30	10:00 a.m.	<b>LES MILLS CXWORX</b> Instructor		
	12:05 p.m.	<b>LES MILLS BODYATTACK</b> Laura	T-N-T Melissa P	Step It Up! <b>LES MILLS CXWORX</b> Jill	<b>LES MILLS BODYPUMP</b> Amy	<b>LES MILLS LES MILLS BODYATTACK CXWORX</b> Laura	10:30 a.m.	<b>LES MILLS BODYATTACK</b> Kara/Kelly	
	4:30 p.m.	<b>LES MILLS BODYCOMBAT</b> Julie/Melissa H	<b>LES MILLS LES MILLS BODYPUMP CXWORX</b> Sheena	<b>LES MILLS BODYSTEP</b> CLASSIC Julie	<b>LES MILLS BODYPUMP</b> Melissa H	<b>LES MILLS BODYCOMBAT</b> Julie	11:00 a.m.	<b>LES MILLS BODYPUMP</b> Sheena	
	5:30 p.m.	<b>LES MILLS BODYPUMP</b> Julie/Melissa H	<b>LES MILLS BODYATTACK</b> 45 Melissa H	<b>LES MILLS BODYCOMBAT</b> Sheena	<b>LES MILLS BODYATTACK</b> 30 Melissa H	<b>LES MILLS BODYPUMP</b> Brian			
	6:00 p.m.				<b>LES MILLS BODYJAM</b> 30 Melissa H				
<b>Studio 2</b>	6:35 p.m.	<b>LES MILLS SH'BAM</b> Kelly	<b>LES MILLS BODYPUMP</b> Lyndsey At 6:30	<b>ZUMBA</b> Courtney	<b>LES MILLS CXWORX</b> Erin				
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	10:15 a.m.	Vinyasa Yoga Vanessa		Mixed Levels Yoga Melissa Y			9:00 a.m.	Pilates - 1,15,29 Yoga - 8,22 Jennifer	
5:30 p.m.	Mixed Levels Yoga Melissa Y At 6:00	Pilates Emily	<b>LES MILLS BODYFLOW</b> Julie	<b>LES MILLS BODYFLOW</b> Jeremy/Julie At 6:30					
<b>Studio 3</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:05 a.m.		Cy-Co Erin		<b>LES MILLS RPM</b> 45 Mandi		7:05 a.m.	<b>LES MILLS RPM</b> 45 Instructor	
	5:35 a.m.	Sprinterval Becky		Cy-Worx <b>LES MILLS CXWORX</b> Amy		Spin Amy	8:00 a.m.	Spin Amy	
	9:15 a.m.			Sprinterval Becky/Jill	Silver Spin Connie At 8:00	Spin Becky			
	5:30 p.m.		Spin Meg		<b>LES MILLS RPM</b> 45 Erin		10:00 a.m.		Spin Instructor
6:00 p.m.	Spin Kris	<b>LES MILLS RPM</b> 45 Jana At 6:35	Spin Kris						

**December Changes/Additions**

- Friday, Dec 7, 4:30pm will be 3-2-1 Fit.
- Friday, Dec 14, 4:30pm will be KickButtStep/BodyStep Combo.
- Monday, Dec 17, 6:35pm will be Zumba.
- Wednesday, Dec 19, 6:35pm will be Sh'Bam.
- Wednesday, Dec 26, 6:35pm will be BodyJam.

- New Years Day, January 1, 2019  
8:30am Spin - Meg  
9:30am BodyPump - Lyndsey  
(Club is open 8am-12pm, No Child Care)

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

**Holiday Happenings**

- \* **Christmas Eve (Monday, Dec 24)**  
and  
**New Years Eve (Monday, Dec 31)**  
Club Open 5am-5pm.  
No Evening Classes or Child Care.
- \* **Christmas Day (Tuesday, Dec 25)**  
Club is CLOSED.
- \* **New Years Day (Tuesday, Jan 1)**  
Club Open 8am-12pm.

**Child Care Hours**

Monday - Friday 8:30am - 1pm  
Monday - Thursday 4 - 7:30pm  
Friday Evening - 4 - 7:00pm  
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.

**TONE™** - A complete and convenient workout that combines blocks of strength, cardio and core training into one. It includes a mix of exercises to work the whole body and elevate the heart rate. The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength (all-around functional fitness).

**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

**STEP IT UP!** - Come ready to sweat! Using the step and your body weight, this athletic workout can be modified to accommodate various fitness levels. 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.

**MIXED LEVELS FLOW** - A vinyasa-inspired flow designed to be accessible and rewarding to all levels of experience. This class will move through a sequence of poses in coordination with the breath and will include strengthening, stretching and balancing postures. Modification and props will be offered. Moving at your own pace and desired level will be encouraged.

**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** - 30 minutes of low impact group cycling. The cycling will vary between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level.