

**Studio 1**

| Time       | Monday   | Tuesday   | Wednesday                                 | Thursday   | Friday   | Time      | Saturday                                      | Time       | Sunday                                  |
|------------|--|---|---|--|--|-----------|---|------------|---|
| 5:35 a.m.  |  | <b>LES MILLS BODYPUMP</b><br>Becky                      |   | <b>LES MILLS BODYPUMP</b><br>Becky                     |  |           |   |            |   |
| 8:00 a.m.  | Fit for Life<br>Meg                                |   | Cycle & Circuit<br>for Life<br>Meg        | <b>tone</b><br>Becky<br>At 8:30                        | Fit for Life<br>Meg                                      |           |   |            |   |
| 9:15 a.m.  | T-N-T<br>Melissa P                                 | 3-2-1 Fit<br>Melissa P                                  | Fit for Life<br>Meg                       | <b>LES MILLS LES MILLS<br/>BODYPUMPCXWORX</b><br>Becky | Fit for Life<br>Erin                                     | 8:00 a.m. | <b>LES MILLS<br/>BODYPUMP</b><br>Steph/Erin   |            |   |
| 10:15 a.m. |  | <b>ZUMBA gold</b><br>Dawn                               |   | Stretch & Mobility<br>Becky<br>At 10:30                |  | 9:05 a.m. | <b>LES MILLS<br/>CXWORX</b><br>Instructor     |            |   |
| 12:05 p.m. | <b>LES MILLS<br/>BODYATTACK</b><br>Laura           | <b>LES MILLS<br/>BODYPUMP</b><br>Sheena                 | 3-2-1 Fit<br>Melissa P                    | <b>LES MILLS<br/>BODYPUMP</b><br>Jill                  | <b>LES MILLS LES MILLS<br/>BODYATTACKCXWORX</b><br>Laura | 9:40 a.m. | <b>LES MILLS<br/>BODYATTACK</b><br>Kara/Laura |            |   |
| 4:30 p.m.  | <b>LES MILLS<br/>BODYCOMBAT</b><br>Julie/Melissa H | <b>LES MILLS LES MILLS<br/>BODYPUMPCXWORX</b><br>Sheena | <b>LES MILLS<br/>BODYSTEP</b><br>Julie    | <b>LES MILLS<br/>BODYPUMP</b><br>Melissa H/Steph       |  |           |   | 11:00 a.m. | <b>LES MILLS<br/>BODYPUMP</b><br>Sheena |
| 5:30 p.m.  | <b>LES MILLS<br/>BODYPUMP</b><br>Julie/Melissa H   | <b>LES MILLS<br/>BODYJAM</b><br>Melissa H               | <b>LES MILLS<br/>BODYCOMBAT</b><br>Sheena | <b>LES MILLS<br/>BODYATTACK</b> 45<br>Melissa H/Laura  | <b>LES MILLS<br/>BODYPUMP</b><br>Lyndsey/Fay             |           |   |            |   |
| 6:35 p.m.  | <b>LES MILLS<br/>BODYSTEP</b><br>Adam              | <b>LES MILLS<br/>BODYPUMP</b><br>Lyndsey/Fay            | <b>ZUMBA fitness</b><br>Courtney          |  |  |           |   |            |   |

**Studio 2**

| Time       | Monday                            | Tuesday          | Wednesday                              | Thursday                                | Friday | Time      | Saturday    | Time | Sunday |
|------------|-----------------------------------|------------------|--|---|--------|-----------|-------------|------|--------|
| 10:15 a.m. | Vinyasa Yoga<br>Vanessa           |                  | Mixed Levels<br>Yoga<br>Melissa Y      |   |        | 9:00 a.m. | Yoga<br>Nil |      |        |
| 5:30 p.m.  |                                   | Pilates<br>Emily | <b>LES MILLS<br/>BODYFLOW</b><br>Julie |   |        |           |             |      |        |
| 6:00 p.m.  | Mixed Levels<br>Yoga<br>Melissa Y |                  |  | <b>LES MILLS<br/>BODYFLOW</b><br>Jeremy |        |           |             |      |        |

**Studio 3**

| Time      | Monday               | Tuesday  | Wednesday                                     | Thursday                             | Friday        | Time      | Saturday                                  | Time                        | Sunday             |
|-----------|----------------------|--|---|--------------------------------------|---------------|-----------|---|-----------------------------|--------------------|
| 5:05 a.m. |                      | Cy-Co<br>Erin                                  |   | <b>LES MILLS<br/>RPM</b> 45<br>Mandi |               |           |   |                             |                    |
| 5:35 a.m. | Sprinterval<br>Becky |  | Cy-Worx<br><b>LES MILLS<br/>CXWORX</b><br>Amy |                                      | Spin<br>Amy   | 7:05 a.m. | <b>LES MILLS<br/>RPM</b> 45<br>Erin/Mandi | Sat,<br>July 27             |                    |
| 8:00 a.m. |                      |  | Cycle & Circuit<br>for Life<br>Meg            | Silver Spin 30<br>Becky              |               | 8:00 a.m. | Spin<br>Amy                               | 1 Combo<br>Class<br>@7:30am |                    |
| 9:15 a.m. |                      |  | Sprinterval<br>Becky                          |                                      | Spin<br>Becky |           |   | 10:00 a.m.                  | Spin<br>Instructor |
| 5:30 p.m. |                      | Spin<br>Melissa Y                              |   | <b>LES MILLS<br/>RPM</b> 45<br>Erin  |               |           |   |                             |                    |
| 6:00 p.m. | Spin<br>Kris         | <b>LES MILLS<br/>RPM</b> 45<br>Jana<br>At 6:35 | Spin<br>Kris                                  |                                      |               |           |   |                             |                    |

**July Changes/Additions**

- No BodyStep Monday, July 8 at 6:35pm.
  - Wednesday, July 17, 6:35pm will be BodyJam.
- Saturday, July 27, 7:05 RPM and 8:00am Spin will be combined for one class at 7:30am.
- 1st Wednesday of every month is Bring a Friend FREE!



**Thursday, July 4th**  
Club Open 8am - 12pm  
No Classes or Child Care.

**Child Care Hours**

Monday - Friday 8:30am - 1pm  
Monday - Thursday 4 - 7:30pm  
Friday Evening - Closed  
Saturday 8am - 12pm  
Sunday - Closed  
**Club Hours**  
Monday - Thursday 5am - 10pm  
Friday 5am - 9pm  
Saturday - Sunday 7am - 7pm  
319-665-2548  
PerformanceForHealth.com  
For questions about group fitness contact :  
Becky Klutts bklutts@perftner.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.

**STONE™** - 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!

**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

**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 the 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.

**CYCLE & CIRCUIT FOR LIFE** - 7-8 minutes of cardio intervals on the spin bike intermixed with a muscle circuit for a total of 35-40 minutes followed by core and balance work.