

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:35 a.m.		LES MILLS BODYPUMP Becky	LES MILLS CXWORX Amy P At 6:05	LES MILLS BODYPUMP Becky					
8:00 a.m.	Fit for Life Meg		Cycle & Circuit for Life Meg	tone 45 Becky At 8:30	Fit for Life Meg	7:30 a.m.	LES MILLS GRIT Amy P		
9:15 a.m.	T-N-T Melissa P	3-2-1 Fit Melissa P	Fit for Life Erin	LES MILLS BODYPUMP CXWORX Becky	Fit for Life Jill	8:30 a.m.	LES MILLS BODYPUMP Instructor		
10:15 a.m.		ZUMBA gold Dawn		Stretch & Mobility Becky At 10:30		9:35 a.m.	LES MILLS CXWORX Instructor		
12:05 p.m.	LES MILLS BODYATTACK Laura	LES MILLS BODYPUMP Jill	LES MILLS GRIT CXWORX Laura/Fay	LES MILLS BODYPUMP Jill	LES MILLS BODYATTACK CXWORX Laura	10:05 a.m.	LES MILLS BODYATTACK Instructor		
4:30 p.m.	LES MILLS BODYCOMBAT Julie/Melissa H	LES MILLS BODYPUMP CXWORX Sheena	LES MILLS BODYSTEP Julie	LES MILLS BODYPUMP Melissa H/Steph				11:00 a.m.	LES MILLS BODYPUMP Sheena
5:30 p.m.	LES MILLS BODYPUMP Julie/Melissa H	LES MILLS BODYJAM Melissa H	LES MILLS BODYCOMBAT Sheena	LES MILLS BODYATTACK 45 Amy E	LES MILLS BODYPUMP Fay				
6:35 p.m.	LES MILLS BODYATTACK Amy E	LES MILLS BODYPUMP Fay	ZUMBA fitness Courtney						

Studio 2

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

Studio 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:05 a.m.		Cy-Co Erin		LES MILLS RPM 45 Mandi					
5:35 a.m.	Sprint Becky		LES MILLS sprint 30 Amy P		Spin Amy P	7:05 a.m.	LES MILLS RPM 45 Kandi		
8:00 a.m.	LES MILLS sprint 30 Becky At 8:30		Cycle & Circuit for Life Meg	Silver Spin 30 Becky		8:00 a.m.	Spin Amy P		
9:15 a.m.			Sprint Becky		Spin Becky			10:00 a.m.	Spin Instructor
5:30 p.m.	Spin Kris	Spin Meg	LES MILLS sprint 30 Amy P At 4:30	LES MILLS RPM 45 Erin					
6:00 p.m.		LES MILLS RPM 45 Jana At 6:35	Spin Kris						

November Changes/Additions

- *BodyFlow on Nov 7th will be Yoga Sculpt.
- *Monday nights at 6:35pm will be BodyAttack.
- *Thursday, November 28th, Thanksgiving Day - Club Open 8am-12pm No Child Care
- 8:15am Spin with Meg
- 9:00am BodyPump with Erin
- 10:00am BodyAttack with Laura

LES MILLS LAUNCHES November 11th-17th

We are Rockin' it old school!
Dust off your leg warmers,
Tease your hair,
It's a Totally 80's Party All Week,
Be There or Be Square!
Free Classes All Week



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 - Sunday 7am - 7pm

319-665-2548

PerformanceForHealth.com

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

Class Descriptions

Les Mills® Classes

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.

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

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.

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.

GRIT™ - This high intensity interval training program will get you fitter, faster. Sessions include strength, cardio, and plyometric focused exercises.

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!

SPRINT™ - This high intensity workout uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast and will continue to burn calories for hours after each workout.

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).

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-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

BARRE - A series of movements that strengthen the entire body, ensuring no muscle is overlooked. Combining functional strength, dance, pilates, and yoga, use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance, and overall strength. Movements are choreographed to high-energy music which results in a fun, intense, and safe workout. Movements can be customized for all fitness levels-no experience necessary! Various props will be used including the barre, light weights, resistance bands, and yoga props.

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.

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.

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.

YOGA-MIXED LEVELS - 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.

YOGA-VINYASA - 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.

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.

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.

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.

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!