

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:35 a.m.		<b>LES MILLS BODYPUMP</b> Becky	<b>LES MILLS CXWORX</b> Amy P At 6:05	<b>LES MILLS BODYPUMP</b> Becky					
8:00 a.m.	Fit for Life Meg		Cycle & Circuit for Life Meg	<b>tone</b> 45 Becky At 8:30	Fit for Life Meg	7:30 a.m.	<b>LES MILLS GRIT</b> Amy P		
9:15 a.m.	T-N-T Melissa P	3-2-1 Fit Melissa P	Fit for Life Erin	<b>LES MILLS LES MILLS BODYPUMP CXWORX</b> Becky	Fit for Life Melissa Y	8:30 a.m.	<b>LES MILLS BODYPUMP</b> Steph		
10:15 a.m.		<b>ZUMBA gold</b> Dawn		Stretch & Mobility Becky At 10:30		9:35 a.m.	<b>LES MILLS CXWORX</b> Instructor		
12:05 p.m.	<b>LES MILLS BODYATTACK</b> Laura	<b>LES MILLS BODYPUMP</b> Becky	<b>LES MILLS LES MILLS GRIT CXWORX</b> Laura	<b>LES MILLS BODYPUMP</b> 2,30 Total Body Conditioning 9,16,23	<b>LES MILLS LES MILLS BODYATTACK CXWORX</b> Laura	10:05 a.m.	<b>LES MILLS BODYATTACK</b> Instructor		
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> Julie	<b>LES MILLS BODYPUMP</b> Melissa H/Steph				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 BODYJAM</b> Melissa H	<b>LES MILLS BODYCOMBAT</b> Sheena	<b>LES MILLS BODYATTACK</b> 45 Amy E	<b>LES MILLS BODYPUMP</b> Instructor				
6:35 p.m.	<b>LES MILLS BODYATTACK</b> Amy E	<b>LES MILLS BODYPUMP</b> Instructor	<b>ZUMBA fitness</b> Courtney						

Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:15 a.m.	<b>BARRE</b> 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	<b>LES MILLS BODYFLOW</b> Julie						
6:00 p.m.	Yoga-Mixed Levels Melissa Y			<b>LES MILLS BODYFLOW</b> 9,16,30 Yoga Sculpt 2,23 Jeremy/Nil					

Studio 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:05 a.m.		Cy-Co Erin		<b>LES MILLS RPM</b> 45 Mandi					
5:35 a.m.	Sprint Becky		<b>LES MILLS sprint</b> 30 Amy P		Spin Amy P	7:05 a.m.	<b>LES MILLS RPM</b> 45 Kandi		
8:00 a.m.	<b>LES MILLS sprint</b> 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 Rae		Spin Becky			10:00 a.m.	Spin Instructor
5:30 p.m.	Spin 45 Kris	Spin 45 Rae	<b>LES MILLS sprint</b> 30 Amy P At 4:30	<b>LES MILLS RPM</b> 45 Erin					
6:00 p.m.		<b>LES MILLS RPM</b> 45 Jana At 6:35	Spin 45 Kris						

**January Changes/Additions**

\*Thursday, BodyPump, 12:05pm - 2,30  
Thursday, Total Body Conditioning, 12:05pm - 9,16,23

\*Thursday, BodyFlow, 6:00pm - 9,16,30  
Thursday, Yoga Sculpt, 6:00pm - 2,23

\*Saturday, January 11, 9:35am - CX will be BARRE  
Saturday, January 25, 9:35a - NO CX

**New Years Day**

**Wednesday, January 1**  
**Club Open 8am-12pm. No Child Care.**

8:30am SPRINT with Kandi  
9:05am Yoga with Melissa Y  
10:00am BodyAttack with Amy E

**Les Mills Launches**

**Friday, January 31 - 6:35-7:35pm**  
**Dance Party - BodyJam & Sh'Bam**  
**Happy Hour Spin**

**Saturday, February 1**

7:05am RPM  
7:30am GRIT  
8:00am Spin  
8:30am TONE  
9:00am BodyPump  
9:00 SPRINT  
9:35a CXWorx  
10:05a BodyAttack  
10:35a BodyCombat

**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 :  
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# 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!