

## GROUP FITNESS CLASSES

### MONDAYS

- 9:15 am | Fit for Life/TNT (60 min) **(Z)**
- 10:15 am | Yoga-Vinyasa (60 min) **(Z)**
- 12:05 pm | BODYATTACK (30 min)
- 4:30 pm | BODYCOMBAT (45 min)
- 5:30 pm | BODYPUMP (45 min)
- 5:30 pm | Spin (45 min)
- 6:00 pm | Yoga-Mixed Levels (45 min)

### TUESDAYS

- 5:05 am | RPM (45 min)
- 5:35 am | BODYPUMP (60 min)
- 9:15 am | 3-2-1 Fit (60 min) **(Z)**
- 12:05 pm | BODYPUMP (30 min)
- 4:30 pm | BODYPUMP/CXWORX (45 min)
- 5:30 pm | BODYJAM (45 min)
- 5:30 pm | Pilates (60 min)
- 5:30 pm | Spin (45 min)

### WEDNESDAYS

- 5:35 am | SPRINT (30 min)
- 8:30 am | SPRINT (30 min)
- 9:15 am | Fit for Life/TNT (60 min) **(Z)**
- 12:05 pm | BODYATTACK (30 min)
- 4:30 pm | BODYSTEP (45 min)
- 5:30 pm | BODYCOMBAT (45 min)
- 5:30 pm | BODYFLOW (60 min)
- 5:30 pm | SPRINT (30 min)

### THURSDAYS

- 5:05 am | RPM (45 min)
- 5:35 am | BODYPUMP (60 min)
- 9:15 am | BODYPUMP/CXWORX (60 min)
- 10:30 am | Stretch & Mobility (30 min) **(Z)**
- 12:05 pm | BodySculpt (30 min) **(Z)**
- 4:30 pm | BODYPUMP (45 min)
- 5:30 pm | BODYATTACK (45 min)
- 5:30 pm | RPM (30 min)

### FRIDAYS

- 5:35 am | Spin (60 min)
- 8:30 am | Fit for Life (60 min) **(Z)**
- 9:15 am | Spin (60 min)

### SATURDAYS

- 8:00 am | Spin (60 min)
- 8:30 am | BODYPUMP (60 min)
- 9:45 am | BODYATTACK (60 min)

### SUNDAYS

- 11:00 am | BODYPUMP (60 min)

### Holiday Hours

- Thursday | December 24th | Club Open 5am-5pm (last class at 12:05)
- Friday | December 25th | Club Closed
- Thursday | December 31st | Club Open 5am-5pm (last class at 12:05)
- Friday | January 1st | Club Open 8am-12pm

**REGISTRATION** Attendance in group fitness classes is limited based on room size and is available on a first-come, first-served basis with advanced registration (up to 1 week prior to class) via [myiclubonline.com](https://myiclubonline.com). See the Service Desk for more details.

**ZOOM** All classes listed with **(Z)** will also be streamed via Zoom. To learn more about live streaming classes and get Zoom access codes, see the Service Desk, call 319-665-2548 or contact Becky Klutts at [bklutts@perfther.com](mailto:bklutts@perfther.com).

### **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 cardio to peak the heart rate, 2 minutes of muscle toning, followed by 1 minute of absolute abs.

### **BODYATTACK™**

A high-energy workout that will push you 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™**

A 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 put the emphasis as much on having fun as on breaking a sweat!

### **BODYPUMP™**

A rapid fat-burning, full-body class using barbells and weights to give you the fastest way to tone and condition muscles.

**BODYSCULPT** A whole body workout that will include strength and toning achieved through high repetition exercises that incorporate body bars and dumbbells.

### **BODYSTEP™**

This 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. You will tighten your tummy and butt, while also improving functional strength and assisting in injury prevention.

### **FIT FOR LIFE/TNT**

Fun, full body workouts geared at improving cardiovascular fitness, total body strength, balance, and flexibility. Options will be given for all levels, low to high impact.

### **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.

### **RPM™**

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

### **SPIN**

Indoor cycling is a no-impact, calorie burning workout with invigorating music. Spin is for every level of fitness, from beginner to experienced.

### **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.

### **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.