

GROUP FITNESS CLASSES

MONDAYS

5:30 am | RPM/CORE
 8:00 am | Fit for Life **(Z)** (New Start Time)
 9:15 am | TNT **(Z)**
 10:15 am | Meditation **1, 22** |
 Yoga-Vinyasa **(Z) 8** |
 Stretch & Mobility **(z) 15, 29**
 12:05 pm | BODYATTACK
 4:30 pm | BODYCOMBAT
 5:30 pm | Spin (45 min)
 5:35 pm | BODYPUMP
 6:00 pm | Yoga-Mixed Levels

TUESDAYS

5:30 am | BODYPUMP
 9:15 am | 3-2-1 Fit **(Z)**
 10:15 am | Zumba Gold
 12:05 pm | BODYPUMP
 4:30 pm | BODYPUMP/CORE
 5:30 pm | Pilates
 5:30 pm | Spin (45 min)
 5:35 pm | BODYJAM

WEDNESDAYS

5:30 am | SPRINT/CORE
 8:00 am | Cycle & Circuit
 8:35 am | SPRINT (30 min)
 9:15 am | Fit for Life/TNT **(Z)**
 10:15 am | Yoga **(Z)**
 12:05 pm | BODYATTACK
 4:30 pm | BODYSTEP
 5:30 pm | BODYBALANCE
 5:30 pm | SPRINT (30 min)
 5:35 pm | BODYCOMBAT

THURSDAYS

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

FRIDAYS

5:30 am | Spin
 8:30 am | Fit for Life/TNT **(Z)**
 9:15 am | Spin
 12:05 pm | BODYCOMBAT/CORE **5,12** |
 BODYATTACK/CORE **19** |
 BODYATTACK Express (30 min) **26**
 6:00 pm | SH'BAM ***1st Friday of Month | Only 8.05**

SATURDAYS

8:00 am | Spin
 8:30 am | BODYPUMP
 9:35 am | BODYATTACK (45 min)

SUNDAYS

10:00 am | Spin
 11:00 am | BODYPUMP

AUGUST POP-UP CLASSES

SH'BAM

Friday, August 5, 6:00-7:00 pm (LAST CLASS)

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. 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. performanceforhealth.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.

BODYBALANCE™ (formerly 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.

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.

Cycle & Circuit

30 minutes of cardio intervals on the spin bike intermixed with a bodyweight interval, followed with a muscle, balance, and/or core circuit off the bike in the group fitness studio.

CORE™ (formerly 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.

MEDITATION

Beginning meditation basics that can assist in addressing stress, anxiety, and much more, including that inner critic we all have. Easy to learn and practice.

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!

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.

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.

TNT

A complete workout that combines blocks of strength, cardio, and core training. A dynamite workout!

YOGA

Discover the many ways in which yoga can improve your physical health, cultivate your emotional well-being and enrich your spiritual self.

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!