

# GROUP FITNESS CLASSES

## MONDAYS

- 5:30 am | RPM/CORE
- 8:00 am | Fit for Life (Z)
- 8:30 am | RPM (30 min)
- 9:15 am | TNT (Z)
- 10:15 am | Stretch & Mobility (40 min) (Z)
- 10:15 am | Yoga: Vinyasa
- 11:00 am | Total Body
- 12:05 pm | BODYPUMP
- 4:30 pm | BODYCOMBAT
- 5:30 pm | Spin (45 min)
- 5:30 pm | Barrelates **New Time**
- 5:35 pm | BODYPUMP

## TUESDAYS

- 5:30 am | BODYPUMP
- 6:00 am | RPM (45 min) **POP UP CLASS 1.07 ONLY**
- 8:00 am | TONE (45 min)
- 9:15 am | 3-2-1 Fit (Z)
- 10:15 am | Zumba Gold
- 12:05 pm | BODYATTACK
- 4:30 pm | BODYPUMP/CORE
- 5:30 pm | Pilates
- 5:30 pm | Spin (45 min)
- 5:35 pm | BODYJAM

## WEDNESDAYS

- 1.01, New Years Day, Club Open 7-11 am**
- 8:30-9:30 am BODYPUMP/CORE**
- 9:40-10:40 am BODYATTACK**

- 5:30 am | SPRINT/CORE
- 8:00 am | Cardio/Core
- 8:30 am | SPRINT (30 min)
- 9:15 am | Fit for Life/TNT (Z)
- 10:15 am | Yoga: Mixed Levels
- 10:30 am | Total Body
- 12:05 pm | BODYPUMP/CORE
- 4:30 pm | BODYSTEP
- 5:30 pm | BODYBALANCE
- 5:30 pm | SPRINT (30 min)
- 5:35 pm | BODYCOMBAT
- 6:35 pm | Zumba

## THURSDAYS

- 5:30 am | BODYPUMP
- 6:00 am | RPM (45 min) **POP UP CLASS 1.16 ONLY**
- 9:15 am | BODYPUMP/CORE **1.30 BodyPump**
- 10:15 am | Stretch & Mobility (40 min) (Z)
- 12:05 pm | BODYATTACK
- 4:30 pm | BODYPUMP
- 5:30 pm | SPRINT (30 min)
- 7:30 pm | Yoga: Power Flow **New Time**

## FRIDAYS

- 5:30 am | Spin
- 8:00 am | Fit for Life/TNT (Z)
- 9:15 am | Spin
- 9:15 am | Total Body
- 10:15 am | Zumba
- 10:15 am | Yoga: Mixed Levels
- 12:05 pm | BODYPUMP

## SATURDAYS

- 8:00 am | Spin
- 9:10 am | SPRINT **LAUNCH DAY 1.25 ONLY**
- 8:30 am | BODYPUMP
- 9:45 am | TNT

## SUNDAYS

- 9:30 am | Zumba
- 10:00 am | Spin
- 11:00 am | BODYPUMP

**BLING**  
IN THE NEW YEAR

**SATURDAY, JANUARY 25th STARTS LES MILLS LAUNCHES!  
BE ON THE LOOKOUT ALL WEEK FOR NEW MUSIC AND NEW MOVES IN  
YOUR FAVORITE LES MILLS CLASSES.**

Wear shiny tops/leggings, jewelry, body glitter, tiaras, anything bedazzled.

Membership is not required to attend but class registration is. Use your myiclub account or call the Service Desk at 319-665-2548 to register.

### **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.

### **Barrelates**

This booty-busting Barre + Pilates fusion workout is the perfect way to lengthen, strengthen, and tone muscles (including some you didn't even know you had), by incorporating standing vertical training and balance. You'll also target your core with innovative floor work that will challenge you and test your endurance. Meet us at the Barre!

### **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™**

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.

### **Cardio/Core**

Combining cardio and core into a fun workout! This class will use a variety of cardio and other equipment. It will focus on cardiovascular endurance to get the blood flowing and heart rate elevated and dynamic core-stabilizing exercises which are important for daily life activities.

### **CORE™**

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.

### **Les Mills DANCE™**

A high-energy workout that will reinvent the way you move and sweat! Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres. Les Mills DANCE™ is simple to master and a great option for those who want to improve their dance skills while getting fit - or for anyone who loves to dance. 45-minutes, 10 stand-alone tracks.

### **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 consists of a complete warm up of muscles and joints, includes 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.

**TONE™** - A complete 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).

### **Total Body**

This whole body workout will utilize body weight and a variety of equipment (step, ball, bands, dumbbells, chair, etc) working one minute at a time. Using time, you can choose the intensity and number of repetitions within your fitness level. A class for all levels and ages.

### **TNT**

A complete workout that combines blocks of strength, cardio, core, and balance training that are for all ages, abilities and fitness levels. Choose your own pace and intensity. A dynamite workout!

### **YOGA: Mixed Levels**

Class will promote mind-body connection through breath and alignment based movement to improve strength, balance, posture, flexibility, and to calm the nervous system.

### **YOGA: Power Vinyasa**

Power Vinyasa Flow includes flow elements, core work, and standing series ending with Savasana. This invigorating practice increases strength, flexibility, calmness, and focus. Beginner-Advanced

### **Zumba®**

Zumba is one of the most popular group exercise classes in the world. It incorporates a variety of Latin-inspired dance moves and music to improve cardio, promote flexibility and balance, and decrease stress. You don't need to be a good dancer to attend Zumba. Classes emphasize moving to the music and having a good time; no rhythm or coordination is required. All steps can be modified, depending on individual needs. Join us for a good-time, good-for-you workout.

### **Zumba® Gold**

This class is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.