

## Class Descriptions

**Please keep in mind that the group fitness class schedule is reduced during the summer months. The seasonal classes will return this fall.**

**Athletic Boot Camp-**Moves as simple as A-B-C! This class encourages novice to well-conditioned exercisers to come and workout to non-choreographed athletic moves that will take you out of your comfort zone and move your fitness to the next level. This class is not offered during the summer.

**Athletic Edge-** Please refer to Cycling Studio schedule for when it's offered as well as the class description.

**BODYATTACK™-** A high energy interval training class combining athletic aerobic movements with strength & stabilization exercises. BodyAttack™ is the sports-inspired cardio workout for building strength and stamina. This class is taught to always show participants options of high impact versus low impact.

**BOSU: Cardio, Core and Power-** A 30-minute express class with athletic style movements on a BOSU to challenge your core, balance and strength. Please note this is a seasonal class.

**BOSU: Hard Core-**A 30-minute express class using the BOSU to challenge your "power center" and give you the Hard Core you've always wanted! Please note this is a seasonal class.

**Come Out Swingin'-** Exercise to swing music and get fit! This 30 minute class also works on core strength (abdominals and back) at the beginning of class.

**Core-** Not just crunches anymore! This 15 minute class will target and strengthen the back and abdominals.

**Cycling-** Group cycling workouts in our Cycling Studio. Please refer to the Cycling Studio class schedule for details.

**Fit Friends Forever-** A class designed for our "recycled teenager" who enjoys the social aspect of a fitness class as well as a structured setting for exercise. Come to class and make some new friends forever!

**Fitness Yoga-** A one-hour class for your body to enjoy basic yoga postures and exercises that will help improve flexibility, balance, and strength. Power Lunch Yoga offers a shorter class.

**Foam Roller Massage-** Demo classes are offered quarterly. Great for self-myofascial release! Try it, you're muscles will love it. Foam rollers are available for purchase at the front desk for only \$20 plus tax. Buy the book with the exercises for only \$10.

**IronWorks-** This class combines weights, music and instructor motivation to keep your body moving and your energy level high. Reserve a space up to 48 hours in advance by calling 295-2552. A \$3 "NO SHOW" fee applies.

**\*\*Judo:** Literal translation means "gentle way." A sport adapted from jujitsu and similar to wrestling. Must be 21 years of age. A fee applies to this class. Contact Tom Journot at 295-2790.

**Kettlebell:** This class involves fluid, yet powerful momentum-based movements holding one or two kettlebells. The workout improves strength, flexibility and balance together with cardio-vascular fitness simultaneously. Sign up at the front desk up to 48 hours in advance. A \$3 "NO SHOW" fee applies.

**◆MAX10® Body Shaping-** The next generation of 10-week extreme fitness programs. Watch the fat melt and your body completely reshape as you progress through each of the 3 phases. Designed by six-time national martial arts champion, Travis Richardson, this program has it all: Kickboxing, resistance training using bands and dumbbells, plyometrics, core, flexibility, social networking events, coaches, teams, hi-tech ultrasound testing, and more!! Come see what your friends are talking about and join the MAX10 revolution today! A fee applies to this program. Inquire at the front desk for sign up.

**Night Walkers:** Join us after dinner for an outdoor walk and a talk. A 45 minute group walking class designed to keep you committed, relieve boredom. It's also a great opportunity to socialize as you exercise.

**Outdoor Basic Training-**An 8-week class that runs in sessions during the summer months. A fully refundable fee applies to this class if you attend 75% of the classes.

**Pilates-** Please see Pilates schedule for program information. A fee applies to this program.

**SilverSneakers®-** Please see the SilverSneakers® schedule.

**Step/StepExpress-** Utilizing the Step, be a part of what makes the "Step" cardio fitness at it's best.

**Stretch and Relax-** Relax listening to soothing music while stretching to improve range of motion and injury prevention.

**TNT—Tuesday Night Training-** 15 minutes of high intensity cardio segments followed by 5 minutes of muscular strength and endurance workouts—X Times Two = 1 awesome workout!

**Tai Chi-** This class helps to reduce stress and improve balance. It focuses on proper breathing and form. All levels welcome.

**\*Tae Kwon Do-** Offered by Ultimate Tae Kwon Do for an additional fee of \$10.50 per month.

## Rec Center

# Group Fitness Class Schedule

Please note that the majority of group fitness classes included with your membership fee. Classes that require an additional service are noted on the class descriptions.

Effective August 9, 2010



## HOURS of OPERATION

Monday-Thursday	5:05 am-10:00 pm
Friday	5:05 am-8:00 pm
Saturday	7:30 am-5:30 pm
Sunday	9:30 am-5:30 pm

## BABYSITTING HOURS

Monday-Friday	9:00 am-1:00 pm
Monday-Thursday	4:00 pm-7:45 pm
Friday	4:00 pm-6:45 pm
Saturday	8:00 am-Noon

PHONE: 319.295.2552

**Rockwell  
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Rec Center Effective August 9, 2010	MONDAY Fitness Classroom	MONDAY High Court	TUESDAY Fitness Classroom	TUESDAY High Court	WEDNESDAY Fitness Classroom	WEDNESDAY High Court	THURSDAY Fitness Classroom	THURSDAY High Court	FRIDAY Fitness Classroom	FRIDAY High Court	Saturday HC and FC Classrooms
5:25 – 6:10 am			IronWorks w/Nancy C		BOSU Cardio, Core & Power w/Paige						IronWorks w/Deb (FC)
5:45–6:30 am				Outdoor Basic Training w/Brad				Outdoor Basic Training w/Brad			8:05-8:50 am Core w/Deb (FC)
7:35-8:05 am	Stretch & Relax w/Brenda				Stretch & Relax w/Leslie				Stretch & Relax w/Brenda		8:50-9:05am
8:05-8:35 am	Come out Swingin' w/Brenda				Come out Swingin' w/Leslie				Come out Swingin' w/Brenda		Step w/Chris N or Amy M (HC)
9:20-10:20 am	IronWorks w/Deb J		Fitness Yoga w/Brenda & Angie		IronWorks w/Chris G		Fitness Yoga w/Tiffany & Angie		Fitness Yoga w/Robin & Amy		9:00-9:50am
9:55-10:55 am		Fit Friends Forever w/Deb				Fit Friends Forever w/Deb				Fit Friends Forever w/Deb	Fitness Yoga w/Staff (FC)
10:05-10:20 am	Core w/Deb J				Core w/Chris G						10:00-11:00am
10:30-11:30 am	BodyAttack™ w/Amy V										<b>Sunday</b>
											BodyAttack™ w/Chris G (HC)
12:10-12:50 pm	Step Express w/Tracey		IronWorks w/Deb D		Power Lunch Yoga w/Amy V		Step Express w/Amy M		IronWorks w/Deb D		10:00-11:00
4:00-5:15 pm							**Judo				
5:30-6:15 pm	IronWorks w/Janet		TNT w/ Janet & Tracey			IronWorks w/Paige					
5:30-6:30 pm		STEP w/Amy M		<b>Kettlebell</b>	Fitness Yoga w/Paige			<b>Kettlebell</b>			
6:15-6:30 pm	Core w/ Janet		Core w/ Janet or Tracey				Core w/Paige				
6:30-7:15 pm				<b>Night Walkers</b>				<b>Night Walkers</b>			
6:30-7:30 pm		<b>Kettlebell Intro Classes</b>	Fitness Yoga w/Amy V		Tai Chi w/ Bill				Tai Chi w/ Bill		Monday-Friday 5:30-6:30 am 6:30-7:30 am
7:30-8:30 pm	*Tae Kwon Do						*Tae Kwon Do				Monday-Friday 11:30-12:15 pm
7:30-9:00 pm			**Judo								Sat. 10:15-11am

## Cycling Studio Class Descriptions

Please note that the group fitness class schedule is reduced during the summer months. Seasonal classes will return this fall and the schedule will be extensively expanded.

**Athletic Edge:** A 75-minute class that will improve your cardiovascular fitness with interval training to improve your running and cycling skills. The class is designed for runners, cyclists, triathletes. Athletic Edge crosstrains indoors during the cold weather months. Class held outdoors during the warm weather months and focuses on training variables to improve your running.

**Core and Cardio:** A 60-minute class that starts on the cycling bikes and focuses on short intervals of cardio & core work throughout class. This class will return to the schedule this fall.

**Cycling:** A 45-minute group workout on studio cycles. Classes will focus on steady-state training, hillwork and interval training.

**Cycling 101:** A 30-minute beginner cycling class. Learn how to set up your bike and how to adjust your intensity through cadenced and/or resistance. Instructor reminds you of proper pedal stroke techniques and teaches you "ZONE" cues taught in all of our cycling classes. Class not offered during the summer.

**High Tech Cycling:** Your instructor utilizes a cycling training DVD designed to improve your cycling skills. Geared towards cyclists and triathletes but all will enjoy who are looking for a longer workout! Class offered during the winter months when you aren't outside training.

**Morning Madness:** A 60-minute class designed to give you a killer cross training workout or help you train for that upcoming triathlon.

## *Things to enhance your workout experience!*

**LOOK FOR: Cycle Tour:** Instructors add scenery to your cycling workout by projecting virtual reality journeys on the front wall of the cycling studio.

**ASK FOR: Your Bike Trainer Option:** Did you ever want to ride your bike on your trainer in a class? Let us know if you do and we will accommodate those who are interested in adding this as a training variable to their cycling class workouts. Contact Brenda Cloud, Group Fitness Coordinator for details on how.



**RESERVATIONS:** Rec Center members can reserve a cycling bike for all classes held in the Cycling Studio by calling 295-2552. You do not have to make a reservation but the reservation will guarantee that you will get a cycling bike for class. If you are more than five minutes late for the start of class, you will forfeit your cycling bike if there is a waiting list. A \$3 "no show" fee applies. We encourage all participants to bring a waterbottle and a towel to class.

Rec Center

## Cycling Studio Group Fitness Class Schedule

Please note that all classes held in the cycling studio are free for members.

Effective July 10, 2010



### HOURS of OPERATION

Mon-Thurs	5:05 a.m.-10:00 p.m.
Friday	5:05 a.m.-8:00 p.m.
Saturday	7:30 a.m.-5:30 p.m.
Sunday	9:30 a.m.-5:30 p.m.

### BABYSITTING HOURS

Mon-Fri	9:00 a.m.-1:00 p.m.
Mon-Thurs	4:00 p.m.-7:45 p.m.
Friday	4:00 p.m.-6:45 p.m.
Saturday	8:00 a.m.-12:00 p.m.

PHONE: 319.295.2552

**Rockwell  
Collins**

# Cycling Studio Class Schedule

# Rockwell Collins Rec Center

*Come to class and take a "spin" with us!*



Life is like riding a bicycle. To keep your balance you must keep moving. *Albert Einstein*

Effective July 10, 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:25-6:10 AM					Cycling w/Brad		
5:25-6:25 AM	Morning Madness w/Brad						
6:00-6:45 AM		Cycling w/Jazz					
8:05-8:50 AM						Returning this Fall: Cycling	
9:20-10:05 AM							
12:10 -12:50 PM	Cycling w/Deb		Cycling w/Jeff		Coming this Fall Cycling		
5:00-5:30 PM							
5:15-6:30 PM		Athletic Edge w/Brenda		Coming this Fall BRICK			
5:30-6:15 PM	Cycling w/Mandi		Cycling w/Angie				
6:30-7:15 PM							