

Class Descriptions

ABC Boot Camp/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.

Athletic Edge- Please refer to Cycling Studio schedule for class description and when it is offered.

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.

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

BOSU: Equilibrium Core-A 30-minute express class using the BOSU to challenge your balance and work your core.

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!

Cardio Cross Training (CXT)- An upbeat cross training workout! Hi/Lo impact cardio intervals with muscular endurance intervals.

3-2-1: held the last Tuesday of each month in the High Court: 3 minutes of cardio, 2 minutes of weights and 1 minute of core.

Cardio Kickboxing/Cardio Kickboxing Express- Basic kickboxing choreography. Punch, jab and kick your way into improved fitness.

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.

Core & Cardio- Please refer to Cycling Studio schedule for class description and when it is offered.

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 & Fitness Yoga Morning Express* offers shorter classes.

Foam Roller Massage- 20 minute classes using a foam roller to massage and lengthen your muscles. Great for self-myofascial release! Try it you'll love it. Foam rollers are available for purchase at the front desk.

Hi-Lo Cardio- Basic movements taught to all levels of fitness.

IronWorks- This class combines weights and music to keep your motivation and energy 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 Chris Horak 263-9629.

◇MAX10® Body Shaping- MAX10® is 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, "Smart-shopper" and "Smart-chef" demonstrations, 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.

Pilates- Please see Pilates schedule for program information.

SilverSneakers®- Please see the SilverSneakers® schedule.

Step/StepExpress/Intro to Step- Utilizing the Step, the class is cardio fitness at it's best. *Intro to Step* offered on the 2nd and 4th Saturdays of the month to help you learn the basics.

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

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. Classes meet Monday and Thursdays.

Rec Center

Group Fitness Class Schedule

Please note that all group fitness classes are free of charge for members except Judo, Pilates, MAX10® and Tae Kwon Do.

Effective February 12, 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**

Rec Center Effective Feb. 1, 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/Chris N				IronWorks w/Deb J (FC) 8:05-8:50am Core w/Deb 8:55-9:10 am
6:15-6:45 am or 6:15-6:35 am			Foam Roller Massage 6:15-6:35 w/ Brittany		Fitness Yoga Express w/Paige						Hi-Lo Cardio w/Char 9:15-10:00 am
7:00 –7:20 am or 7:35-8:05 am	Stretch & Relax w/Brenda				Stretch & Relax w/Leslie		Foam Roller Massage 7:00- 7:20 w/Brittany		Stretch & Relax w/Brenda		Intro to Step (2nd & 4th Sat) w/Amy M (HC) 8:25-8:55am Step w/Chris or Amy M 9:00-9:50am
8:05-8:35 am	Come out Swingin' w/Brenda				Come out Swingin' w/Leslie		Foam Roller Massage 8:35-8:55 w/Brenda FC area		Come out Swingin' w/Brenda		
9:20-10:05 am or 9:20-10:20 am	IronWorks and Core w/Deb J		Fitness Yoga w/Brenda & Angie		IronWorks and Core w/Chris G		Fitness Yoga w/Bonnie & Tiff	Step Express w/Kathy 9:20-10:05 am	Fitness Yoga w/Robin & Amy		
9:55-10:55 am		Fit Friends Forever w/Deb				Fit Friends Forever w/Deb				Fit Friends Forever w/Deb	Fitness Yoga (Intro to Yoga 1st Sat) w/ Chris (FC) 10:30-11:30am
10:30-11:30 am or 10:30-NOON	BodyAttack™ w/Jazz				**Judo 10:30-Noon						
11:20 am—NOON			Step Express w/Char								Sunday
11:30 am – NOON	BOSU Hard Core w/Jazz								BOSU Hard Core w/Bonnie		BodyAttack™ w/Chris G (HC) 10:00-11:00
12:10-12:50 pm or 1:00-1:20 pm	Cardio Kickboxing w/Kim		IronWorks w/Deb D		Power Lunch Yoga w/Amy		Step Express w/Char		IronWorks w/Deb D	Foam Roller Massage 1:00-1:20	◇MAX10 ® Body Shaping offered:
4:45-5:30 pm			BodyAttack™ Express w/Kim				Cardio Kickbox- ing Express w/ Tracey followed by Core		**Judo 3:30—5:00 pm		
5:30-6:15 pm	IronWorks w/Janet		CXT w/Janet & Chris N				IronWorks w/Paige				Monday-Friday 5:30-6:30 am 6:30-7:30 am
5:30-6:30 pm		STEP w/Amy M		3-2-1 (Last Tues)	Fitness Yoga w/Paige	A-B-C BOOT CAMP w/Drill Sergeants		BodyAttack™ w/Amy V			Monday-Friday 11:30am-12:15pm and Sat. 10:15-11
6:15-6:30 pm	Core w/Janet		Core w/Janet or Chris N				Core w/Paige				Monday-Friday 4:30-5:30 pm 6:30-7:30 pm
6:30-7:00 pm	BOSU Cardio, Core and Power w/ Paige										
6:30-7:30 pm or 6:30-6:50 pm			Fitness Yoga w/Amy V		Tai Chi w/ Bill			Foam Roller Massage 6:30- 6:50 w/Amy M	Tai Chi w/ Bill		
7:00-7:30 pm	BOSU Equilibrium Core w/Paige										
7:30-8:30 pm	*Tae Kwon Do						*Tae Kwon Do				



Cycling Studio Class Descriptions

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.

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

Cycling Express: An express-minute workout on studio cycles, no less intense, simply shorter in duration.

Cycling 101: A 30-minute beginner cycling class. Instructors teaches you 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.

High Tech Cycling: Your instructor will utilize 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!

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

COMING SOON! BRICK: A class that combines biking and running, perfect crosstraining for anyone, but especially triathletes.

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.



Things to look forward to.....



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 group fitness classes are free of charge for members except Judo, Pilates, MAX10® and Tae Kwon Do.

Effective February 12, 2010



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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 February 1, 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:25-6:10 AM			Cycling w/Brittany		Cycling w/Brad		
5:25-6:25 AM	Morning Madness w/Brad						
6:00-6:45 AM		Cycling w/Claire					
8:05-8:50 AM						Cycling w/Greg	
9:05-9:50 AM					Cycling w/Jazz		
10:30-11:30 AM		Core and Cardio w/Bonnie		Core and Cardio w/Bonnie			
12:10 -12:50 PM	Cycling w/Deb		Cycling w/Jeff	Cycling w/Brenda			
4:00-4:45 PM							
5:00-5:30 PM			Cycling 101 w/Chris	Cycling Express w/Mandi			
5:15-6:30 PM		Athletic Edge w/Brenda					
5:30-6:15 PM or 5:30-6:45 PM	Cycling w/Mandi		Cycling w/Chris	High Tech Cycling w/Brenda/Cale 5:30-6:45 PM			