



GROUP FITNESS SCHEDULE

965-4216 - 1802 N Ankeny Blvd - Ankeny

		 GROUP FITNESS 			
		Studio			
M O N	6:10 - 7:00	AM	Tabata	Jackie	
	8:20 - 9:05	AM	Kickboxing	Sara	
	9:10 - 10:05	AM	BODYPUMP®	Sara	
	10:15 - 11:00	AM	Silver Sneakers (Strength)	Sara	
	5:10 - 6:05	PM	{ 5:10-5:40 Tabata/Step 5:45-6:05 Core	Kay	
	6:10 - 7:05	PM	BODYPUMP®	Kat	
	7:10 - 8:00	PM	Yoga	Kat	
T U E	6:10 - 7:00	AM	Butts & Guts	Kay	
	9:10 - 10:05	AM	Barre Fusion	Irene	
	5:10 - 6:05	PM	BODYPUMP®	Sara	
	6:10 - 7:05	PM	{ 6:10-6:40 CXWORX 6:45-7:05 Tabata/Step	Sara	
	7:10 - 8:00	PM	Zumba	Yelena	
W E D	6:10 - 7:00	AM	YinYoga	Jolene	
	9:10 - 10:05	AM	Tabata	Renni	
	5:10 - 6:05	PM	{ 5:10-5:40 Butts & Guts 5:45-6:05 Kickboxing	Kay	
	6:10 - 7:05	PM	BODYPUMP®	Dawn	
T H U	6:10 - 7:00	AM	Cardio Circuit	Jackie	
	8:20 - 9:05	AM	Step	Sara	
	9:10 - 10:05	AM	PUMP Express / CXWORX	Sara	
	5:10 - 6:05	PM	BODYPUMP®	Dawn	
	7:10 - 8:00	PM	PiYo	Yelena	
F R I	6:10 - 7:00	AM	Strength	Kay	
	8:20 - 9:05	AM	Kickboxing	Renni	
	9:10 - 10:05	AM	HIIT	Renni	
	10:15 - 11:00	AM	Silver Sneakers (Dance)	Sara	
	4:45 - 5:30	PM	Fun Friday	Kay	
S A T	7:00 - 8:15	AM	{ 7:00-7:35 Cycle 7:40-8:15 Cycle	Janell	
	8:20 - 9:05	AM	Step	Sara	
	9:10 - 10:05	AM	BODYPUMP®	Rotation	

WellBeats available at your convenience.

BARRE FUSION – Inspired by ballet, Pilates and yoga, Barre Fusion is a unique workout designed to sculpt and strengthen your entire body.

BODYPUMP – A full body, weight training workout that utilizes a weighted bar with plates to challenge your major muscle groups.

BUTTS & GUTS – Tone and sculpt from the waist down in this challenging but achievable class.

CYCLING – No matter your fitness level, you'll enjoy an exciting ride through flat roads, hills, interval challenges and more.

CXWORX – Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

HIIT – High intensity interval training with core strengthening exercises woven throughout the workout.

KICKBOXING – This Tae Kwon Do based class allows you to work-out at your own pace and is designed to improve strength and stamina by incorporating kickboxing moves, high intensity, cardiovascular training and heavy bag work. You will learn jabs, crosses, upper cuts, hooks, front kicks, round houses, etc.

PiYo® – Experience this high Intensity but low impact combination of Pilates and yoga in a nonstop, fluid movement to music. Be ready to sweat as you sculpt your entire body!

SILVER SNEAKERS – Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living.

STRENGTH TRAINING – You'll tackle non-stop strength building exercises that will increase endurance while working out with a variety of weights.

TABATA – 20 seconds of cardio / 10 seconds rest × 8 = 1 Tabata block. How many blocks can you do? Let's find out in this class.

YIN YOGA – A slow-paced style of yoga with poses or asanas that are held for longer periods of time.

YOGA – Suitable for all levels. An alignment- oriented practice that emphasizes the forms and actions within yoga postures.

ZUMBA – Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Add some Latin flavor and International zest into the mix and you've got ZUMBA! No prior dance experience necessary.