



**GROUP FITNESS SCHEDULE**

**965-4216 - 1802 N Ankeny Blvd - Ankeny**

		 <b>GROUP FITNESS</b> 	
		<b>Studio</b>	
MON	8:20 - 9:05	AM	Kickboxing Sara
	9:10 - 10:05	AM	BODYPUMP® Sara
	10:15 - 11:00	AM	Silver Sneakers BOOM™ MUSCLE Sara
	5:10 - 6:05	PM	{ 5:10-5:40 Tabata/Step Kay 5:45-6:05 Core Kay
	6:10 - 7:05	PM	BODYPUMP® Dawn
TUE	6:10 - 7:00	AM	Butts & Guts Kay
	9:10 - 10:05	AM	Barre Fusion Irene
	10:30 - 11:15	AM	Active Older Adults Sara
	5:10 - 6:05	PM	BODYPUMP® Sara
	6:10 - 7:05	PM	Yoga Katelyn
WED	9:10 - 10:05	AM	Tabata Renni
	5:10 - 6:05	PM	{ 5:10-5:40 Butts & Guts Kay 5:45-6:05 Kickboxing Kay
	6:10 - 7:05	PM	BODYPUMP® Dawn
THU	6:10 - 7:00	AM	Circuit Challenge Jackie
	8:20 - 9:05	AM	Step Sara
	9:10 - 10:05	AM	PUMP Express / CXWORX Sara
	10:30 - 11:15	AM	Active Older Adults Sara
	5:10 - 6:05	PM	BODYPUMP® Lori
	6:10 - 7:05	PM	Yoga Katelyn
FRI	8:20 - 9:05	AM	Intense Intervals Renni
	9:10 - 10:05	AM	Butts & Guts Renni
	10:15 - 11:00	AM	Silver Sneakers BOOM™ MOVE Sara
SAT	7:00 - 7:45	AM	Cycle Janell
	8:20 - 9:05	AM	Step Sara
	9:10 - 10:05	AM	BODYPUMP® Rotation
	10:10 - 11:00	AM	Zumba Yelena
SUN	4:00 - 4:55	PM	BODYPUMP® Rotation

WellBeats available at your convenience.

**ACTIVE OLDER ADULTS** – Designed for active older adults to effectively learn how to use a variety of fitness formats to build strength, cardiovascular fitness, balance and flexibility, but most of all have fun. You don't have to be an active older adult to take this class.

**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.

**CIRCUIT CHALLENGE** – Improve endurance and agility through a series of cardio stations.

**INTENSE INTERVALS** – Get in on this non-stop action of cardio and strength conditioning.

**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.

**SILVER SNEAKERS BOOM™ MOVE** – This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

**SILVER SNEAKERS BOOM™ MUSCLE** – This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve your strength and functional skill.

**STEP** – Traditional step class with fun choreography.

**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.

**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.