

**GROUP FITNESS SCHEDULE**

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

		 <b>GROUP FITNESS</b> 		
		<i>Studio</i>		
M O N	5:10 - 6:00	AM	Cardio Mix	Yelena
	6:10 - 7:00	AM	Circuit	Jackie
	8:20 - 9:05	AM	Cardio Kickboxing	Sara
	9:10 - 10:05	AM	BODYPUMP®	Sara
	10:15 - 11:00	AM	Silver Sneakers BOOM™ MUSCLE	Sara
	5:10 - 6:05	<b>PM</b>	{ 5:10-5:40 Tabata/Step 5:45-6:05 Core	Kay
	6:10 - 7:05	<b>PM</b>	BODYPUMP®	Dawn
T U E	5:10 - 6:00	AM	Circuit	Kay
	9:10 - 10:10	AM	Pilates	Julie
	10:30 - 11:15	AM	Active Older Adults	Julie
	5:10 - 6:05	<b>PM</b>	BODYPUMP®	Sara
	6:10 - 7:05	<b>PM</b>	Yoga	Katelyn
W E D	5:10 - 6:00	AM	Power Yoga	Katelyn
	6:10 - 7:00	AM	Tabata	Kay
	9:10 - 10:05	AM	Tabata	Renni
	5:10 - 6:05	<b>PM</b>	{ 5:10-5:40 Butts & Guts 5:45-6:05 Tabata	Kay
	6:10 - 7:05	<b>PM</b>	BODYPUMP®	Dawn
T H U	5:10 - 6:00	AM	Pure Tabata	Chrystal
	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	<b>PM</b>	BODYPUMP®	Lori
	6:10 - 7:05	<b>PM</b>	Yoga	Katelyn
F R I	5:10 - 6:00	AM	BODYPUMP®	Lori
	6:10 - 7:00	AM	Fun Friday	Rotation
	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
S A T	8:20 - 9:05	AM	Step	Sara
	9:10 - 10:05	AM	BODYPUMP®	Rotation
	10:10 - 11:00	AM	Zumba	Yelena
S U N	4:00 - 4:55	<b>PM</b>	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.

**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.

**CARDIO 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 with high intensity cardiovascular training. You will learn jabs, classes, apricots, books, front kicks, round houses, etc.

**CARDIO MIX** – Choreographed combination of high and low intensity fitness and dance moves to a variety of music designed to build cardiovascular fitness while improving muscular strength and endurance.

**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.

**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.