



GROUP FITNESS SCHEDULE

965-4216 - 1802 N Ankeny Blvd - Ankeny

		 GROUP FITNESS 	
		Studio	
M O N	5:00-5:50	AM	Cardio Mix Yelena
	6:00-6:50	AM	HIIT/Core Jackie
	8:20-9:05	AM	Cardio Kickboxing Sara
	9:10-10:10	AM	BODYPUMP® Sara
	10:15-11:00	AM	Silver Sneakers BOOM™ MUSCLE Sara
	5:10-5:40	PM	Tabata Kay
	5:45-6:05	PM	Core Kay
	6:10-7:10	PM	BODYPUMP® Dawn
T U E	5:00-5:50	AM	RIPPED/HIIT Kay
	8:20-9:05	AM	Grit® Cardio Amber
	9:10-10:10	AM	Pilates Julie
	10:30-11:15	AM	Active Older Adults Julie
	5:10-5:40	PM	BODYPUMP® Express Sara
	5:45-6:15	PM	CXWORX® Sara
	6:20-7:15	PM	Yoga Katelyn
W E D	6:00-6:50	AM	Strength Tabata Kay
	9:10-10:05	AM	Tabata Renni
	5:10-5:40	PM	Butts & Guts Kay
	5:45-6:05	PM	Tabata Kay
	6:10-6:40	PM	BODYPUMP® Express Lori
	6:45-7:15	PM	Grit® Cardio Lori
	7:20-8:05	PM	PiYo Yelena
T H U	5:00-5:50	AM	Strictly Strength Chrystal
	8:20-9:05	AM	Step Sara
	9:10-9:40	AM	BODYPUMP® Express Sara
	9:45-10:15	AM	CXWORX® Sara
	10:30-11:15	AM	Active Older Adults Sara
	5:10-6:10	PM	BODYPUMP® Dawn
	6:20-7:15	PM	Yoga Katelyn
F R I	5:00-5:50	AM	Grit® Strength/Tabata Lori
	6:00-6:50	AM	The Mix Rotation
	8:20-9:05	AM	Grit® Strength 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
	9:10-10:10	AM	BODYPUMP® Rotation
	10:15-11:05	AM	Zumba® Yelena
S U N	4:00 - 5:00	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 adults to take this class.

BODYPUMP® – A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you will get a total body workout.

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 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, crosses, upper cuts, hooks, 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.

CXWORX® – This 30-minute core-training workout uses body weight, resistance tubing and weights to tighten and tone your midsection including abs, hips, butt, lower back and shoulders. Exercises are designed to improve your functional strength for better mobility and injury prevention. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

GRIT® Cardio is a high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT® Strength is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

HIIT – High Intensity Interval Training will get your heart going up and down which is an extremely effective way to better cardio health.

PILATES – Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. Moves involve slow, precise movements and breath control. It is a full-body exercise method that will help you do everything better.

SILVER SNEAKERS BOOM® MOVE – This fun, dance inspired workout is 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 skills.

STEP – Traditional step class with fun choreography.

STRICTLY STRENGTH – A full body strength workout using a combination of weights and body weight moves.

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

THE MIX – A variety of cardio and weight training exercises designed to strengthen and tone the entire body.

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

ZUMBA® – Fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout 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.