

EAST SIDE (Iowa City)

GROUP EXERCISE CLASS SCHEDULE

WEST SIDE (North Liberty)

GROUP FITNESS STUDIO

GROUP FITNESS STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BootCamp 5:30am (Piet)	Body Pump 5:30am (Christa)	BootCamp 5:30am (Piet)	Body Pump 5:30am (Piet)	Body Combat 5:30am (Piet/RobH)	Body Step 8:05am (Jamie/Cristina)	Body Pump 9:00am (Tracy)
Body Pump 9:00am (Jen A)	Body Attack 9:00am (Jen A)	Body Pump 9:00am (Tina)	Body Step 9:00am (Angela)	Body Pump 6:40am (Piet)	Body Pump 9:15am (Angela/robC)	Body Step 10:10am (Tracy)
Zumba 10:10am (Kendle)	Abs Blast 10:10am (Christina) 20 min class		Abs Blast 10:10am (Christina) 20 min class	Body Pump 9:00am (Summer)	Body Attack 10:25am (Rachel/Cristina)	
Body Pump Noon (Summer)		Body Pump Noon (megan)		Body Attack 10:10am (JenA/Daniela)		
Body Step 4:30pm (Daniela)	Body Pump 4:20pm (Tracy)	Body Combat 4:25pm (Jamie)	Body Pump 4:20pm (Rachel)	Body Pump Noon (Angela)		Turbo Kick 3:20pm (Tina)
Body Pump 5:40pm (Diana)	Body Attack 5:30pm (Diana)	Body Pump 5:35pm (Jen A)	Body Attack 5:30pm (Jamie/jenn)			Body Pump 4:30pm (Tina)
Body Combat 6:50pm (Rob H)	Body Pump 6:40pm (Piet)	Body Step 6:45pm (Tracy)	Body Pump 6:40pm (Christa)	Body Pump 4:30pm (Daniela)		Body Attack 5:40pm (Christa/Aimee)
	Zumba 7:45pm (Kendle)		Zumba 7:45pm (Kendle)			

FALL
SEPT
2010



Updated 8/11 svs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Pump 5:20am Rob C		Body Pump 5:20am (Rob H)		Body Pump 5:20am (Megan)	Body Pump 8:30am (Aimee)	Body Attack 9:00am (Allison/RobC)
Body Step 9:00am (Angela)	New Class! Turbo Kick 9:00am (Tina)	Core Strength 9:00am (Vanessa) 30 minute class	Body Attack 9:00am (Vanessa)	Body Combat 9:00am (Jen T)	Body Step 9:40am (Tracy)	Body Pump 10:10am (Rob C)
	Body Pump 10:10am (Angela)	Body Step 9:35am (Ashley)	Body Pump 10:10am (JenA/Megan)			
	Zumba 4:20pm (Amy)	NEW TIME! Body Pump 4:30pm (Daniela)	Zumba 4:20pm (Amy)			Body Combat 4:45pm (Jamie)
Body Attack 5:20pm (Jamie)	Body Pump 5:30pm (Aimee)	Body Attack 5:40pm (Diana)	Body Pump 5:30pm (Diana)			Body Pump 6:00pm (Daniela)
Body Pump 6:30pm (Jamie)	Body Step 6:40pm (Jamie)	NEW TIME! Zumba 7:00pm (Natalie)	Body Combat 6:40pm (Piet/Megan)			
Zumba 7:40-8:30pm (Natalie)	Kickboxing 7:45pm (Dave)					

Les Mills Programs

Body Pump - Body Pump is the original barbell workout that **strengthens your entire body**. This 60-minute program challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to **get the results you came for** -the universally fastest way to get in shape!

Body Step -The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push **fat-burning systems into high gear** followed by muscle conditioning tracks that **shape and tone your body**.

Body Attack - A simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength

Body Combat - is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae-kwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

RPM- See other side for details

Core FITNESS

Open 24 hrs.

Daycare Hours

M-F 8:00am - 1:30pm & 3:00pm - 8:30pm
Sat: 8:00am - 1:00pm

1555 S. First Ave.
Iowa City
351-CORE (2673)

Hwy 965
North Liberty
665-2603

www.corefitness1.com

Email us: info@corefitness1.com

Class & Instructors are subject to last minute changes

Zumba- A fusion of Latin and International music - dance themes that create a dynamic, effective fitness system! The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. High energy & motivating music with unique moves that allow the Zumba participants to dance away their worries. A workout should be fun and easy to do allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Turbo Kick -A total body experience. This cardio workout consists of punching & Kicking combinations, highlighted by a signature TURBO section, taking the workout into an athletic zone. Class concludes with ab work, endurance drills and stretching. Class can be modified to fit all fitness levels.

Zumba GOLD- A Fitness Party utilizing low impact, easy to follow choreography. It includes the basic rhythms of merengue, cha cha, salsa, reggaeton and Bangra incorporating breakdowns & modifications for those wanting an introduction to this fun aerobic workout.

Abs Blast- power class for abdominal muscles (20 min). Everyone wants strong toned abs but who has all day? This 20 minute class scheduled directly after cardio classes is a great addition to your workout.