



GROUP FITNESS CLASS SCHEDULE

Updated – Class Schedule effective 11/13/17

MORMON TREK LOCATION - 2220 Mormon Trek Blvd, Iowa City								
GROUP FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		BodyPump 5:30am Jacque	Bootcamp 6:00am Stacy		BodyPump 5:30am Jacque	Body Conditioning 6:00am Michelle		
	Senior Fitness 8:25am (30min) Lori	Muscle Works 8:30am (40min) Dawn		Muscle Works 8:30am (40min) Dawn		Yoga 8:00am (40min) Dawn		
	Body Pump 9:00am Molly	Step X 9:15am Dawn	Body Pump 9:00am Jessica	Step X 9:15am Dawn	Body Pump 8:45am Jessica	BodyPump 9:00am Ann/Jacque	BodyPump 8:45am Tracy	
	BodyStep (45m) 10:05AM Jacque		Senior Strength 10:15am John		Senior Strength 10:00am Dan		BodyStep 9:50am Tracy	
	Yoga Essential 11:00am Esther				Yoga Essentials 11:00am Esther		Yoga 11:00am Imari/Jenny	
	CoreYoga(30 min) 5:30pm Dawn	BodyPump 5:30 pm Kayla	-					
	BodyFlow 6:00 pm Andrew	BodyFlow 6:45 pm Danielle	BodyCombat 6:00pm Andrew	BodyPump 5:45pm Sadie			Zumba/ Zumba&Pound Fusion 3:30pm Abby/Becky	
	Zumba 7:00pm Adriana	POUNDFit 8:00 pm TRIAL CLASS	Zumba 7:00 pm Abby	Yoga Essentials 6:55pm Jenny				
	Mormon Trek Water and Spin Schedule							
AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	AquatFit 9:00am Lori	WaterInMotion 9:00am Sandy	Aquabata 9:00am Jacki	*Group Swim Lessons 9:20am, 10:05am	WaterInMotion 9:00am Sandy	AquaFit 9:00am Lori		
			*Group Swim Lessons 4:00, 4:40 pm					
AquaZumba 5:30pm Abby	AquaFit 6:00pm Jane	AquaFit 5:30pm Barbara	AquaFit 6:00pm Kim	Family Swim 5:30pm-8:00pm	Family Swim 2:00pm-5:00pm	Family Swim 2:00pm- 4:00pm		
CYCLE	Sprint 6:15am Michelle			Cycle 6:00am Stacey				
			Sprint 10:00am Dawn		RPM 9:45am Jessica	Sprint 8:45am Dawn		
	Cycle Express 6:00pm Dawn	RPM 4:30pm Jess Decker		Sprint 6:00pm Kandi				

Member Price: Swim Lessons are \$35 per 6 Week Block

Fall Swim Session: Nov 1 - Dec 13

NORTH LIBERTY LOCATION - 1395 Jordan Street, North Liberty

GROUP FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	CXWorx 5:55am Shelby	Metabolic Coaching 5:15am Kathy	BodyPump 5:20am Kelly/Fay	Metabolic Coaching 5:15am Kathy	BodyPump/CXWorx 5:20 am Shelby			
		Senior Strength 8:00 am Bruce		Senior Strength 8:00 am Bruce		Metabolic Coaching 7:30am Jenn/Kami		
	Body Pump 9:00am Jessica	Metabolic Coaching 9:00 am Kami	BodyStep 9:00am (45m) Jacque	Metabolic Coaching 9:00 am Jenn	Attack (30 mins) 9:00 am Leslee	CXWorx 8:35am Aimee/Shelby	BodyPump 9:00am Kelly	
		BodyPump/CXWorx 10:05am Layne	BodyPump 9:45 am Layne		BodyPump/CXWorx 9:45 am Layne	BodyStep 9:05am Tracy	Zumba 10:05 Kaitlyn	
						BodyPump 10:15am Aimee		
	Body Step 4:30 pm Tracy	Body Pump 4:30 pm Tracy	Body Step 4:30 pm Tracy	BodyPump/CXWorx 4:30 pm Aimee				
		CXWorx 5:35pm Aimee	PoundFit (45min) 5:45pm Becky					
	Barre 7:05pm Kaitlyn	BodyAttack 6:35 pm Ann	BodyPump 6:50 pm Aimee	BodyStep 6:30 pm Jacque				BodyPump 5:00pm Amber

North Liberty Yoga and Spin Schedule

MIND/BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Vinyasa Yoga 5:30am Natalie		BodyCombat(45m) 8:15AM Andrew/Danielle	
				Fit Kids 9:10 am Leslee			
		Vinyasa Yoga 9:00 am Kim	Fit Kids 9:10 am Shelly	VinyasaYoga(45m) 10:00am Kim		BodyFlow 9:10AM Andrew/Danielle	
	BodyFlow 6:35pm Allison		Gentle YogaFlow 6:45 pm Erin	SuperHero Fitness 5:50pm Jess Decker			

CYCLE STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sprint 5:20am Kandi	RPM 5:20am Shelby		Sprint 5:20am (30min) Angie		RPM 7:30am Rotation	
				RPM 9:00am Kim		Sprint 9:10am Rotation	RPM 9:00am Jess D.
	Sprint 12:15pm Leslee		RPM 12:00pm Allison		RPM 12:00 Allison		

Member Price Kid's Classes \$3/class with Punch Card