



GROUP FITNESS CLASS SCHEDULE

Updated – Class Schedule effective 05/01/18

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 Jacque	Step X 9:15am Dawn	Body Pump 8:30am Jessica	Step X 9:15am Dawn	Body Pump 8:30am Jessica	BodyPump 9:00am Rotation	BodyPump 8:45am Tracy	
					Senior Strength 10:00am Dan	POUNDFit 10:05am Becky	BodyStep 9:50am Tracy	
	Yoga Essential 11:00am Esther		Senior Strength 10:30am Dan		Yoga Essentials 11:00am Esther	Pound will be subbed the following days: 5/5 Zumba 5/12 TONE 5/19 TBD	Yoga 11:00am Imari/Jenny	
	CoreYoga 30 min 5:30pm Dawn		-	BodyStep 4:30pm Sadie				
	BodyCombat 6:00 pm Danielle	BodyPump 5:30 pm Molly	BodyFlow 6:00pm Andrew	BodyPump 5:45pm Sadie			Zumba 3:30pm Abby	
	Zumba 7:00pm Adriana	BodyFlow 6:45 pm Danielle	Zumba 7:00 pm Abby	Yoga Essentials 6:55pm Jenny				
Mormon Trek Water and Spin Schedule								
AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	AquaFit 9:00am Lori		WaterInMotion 9:00am Sandy		WaterInMotion 9:00am Sandy	AquaFit 9:00am Lori		
		*Group Swim Lessons 4:00pm, 4:40pm	*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 9:35am Jessica	Sprint 8:45am Dawn		
	Cycle Express 6:00pm Dawn	RPM 4:30pm Jess Decker						

Summer Swim Sessions (\$25 per block):
June 5-27, July 10-August 1, August 7-29

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	Metabolic Coaching 5:15am Kathy	Pump/CXWorx 5:20 am Shelby			
		Senior Strength 8:00 am Florence		Senior Strength 8:00 am Florence		Metabolic Coaching 7:30am Jenn/Kami		
	Body Pump 9:00am Jessica	Metabolic Coaching 9:00 am Kami	BodyStep 45min 8:55am Jacque	Metabolic Coaching 9:00 am Jenn	BodyAttack 30m 9:00 am Leslee	CXWorx 8:35am Aimee/Shelby	BodyPump 9:00am Kelly	
			BodyPump 9:45 am Layne		Pump/CXWorx 9:45 am Layne	BodyStep 9:05am Tracy	Zumba 10:05 Kaitlyn	
						BodyPump 10:15am Aimee		
		Body Pump 4:30 pm Tracy	Body Step 4:30 pm Tracy	Pump/CXWorx 4:30 pm Aimee				
		CXWorx 5:35pm Aimee	PoundFit 45min 5:50pm Becky					
	Barre 7:05pm Kaitlyn	Metabolic Coaching 6:35 pm Michelle	BodyPump 6:50 pm Aimee	BodyStep 6:30 pm Jacque				

North Liberty Yoga and Spin Schedule

MIND/BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
			Vinyasa Yoga 5:30am Natalie					
		Vinyasa Yoga 9:00 am Kim		VinyasaYoga 45m 9:00am Kim		BodyFlow 9:10AM Andrew/Danielle	Yoga 10:00am Andrew	
	BodyFlow 6:35pm Allison		Yoga 6:35 pm Erin					
CYCLE STUDIO	Sprint 5:20am Kandi	RPM 5:20am Shelby		Sprint 5:20am (30min) Angie				
				Sprint 8:30am Leslee		Sprint 9:10am Rotation	RPM 9:00am Jess D.	
	RPM 12:00pm Margaret		RPM 12:00pm Allison		RPM 12:00 Allison			
	RPM 5:45pm Jessica	Sprint 6:10pm Kandi		RPM 5:45pm Margaret			Sprint 5:00pm Kandi	

Memorial Day Schedule:

North Liberty	Mormon Trek
8:10am SPRINT - Kandi 9:00am BodyPump - Jessica 10:00am BodyFlow - Allison 10:00am BodyStep - Tracy	9:00am Pump - Jacque 9:00am AquaFit - Jane 10:00am BodyCombat - Danielle 11:00am Yoga - Esther