



# GROUP FITNESS CLASS SCHEDULE

Updated – Class Schedule effective 06/01/18

MORMON TREK LOCATION - 2220 Mormon Trek Blvd, Iowa City							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS STUDIO		BodyPump 5:30am Jacque	Bootcamp 6:00am Stacy	BodyPump 5:30am Jacque	Body Conditioning 6:00am Michelle		
	Senior Fitness 8:25am (30m) Lori	Muscle Works 8:30am (40m) Dawn		Muscle Works 8:30am (40m) Dawn		Yoga 8:00am (40m) Dawn	
	Body Pump 9:00am Sadie	Step X 9:15am Dawn	Body Pump 8:30am Michelle	Step X 9:15am Dawn	Body Pump 8:30am Amber	BodyPump 9:00am Jacque	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		Yoga 11:00am Imari/Jenny
	CoreYoga (30m) 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/Pound 3:30pm Abby/Becky
	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							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	AquatFit 9:00am Lori		WaterInMotion 9:00am Sandy		WaterInMotion 9:00am Sandy	AquaFit 9:00am Lori	
		*Group Swim Lessons 4:00, 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 9:35am Dawn		*RPM 9:35am Jessica	Sprint 8:45am Dawn	
	Cycle Express 6:00pm Dawn	RPM 4:30pm Jessica			*Starting 6/22 RPM will be Rhythm and Sweat with Cara		

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

## NORTH LIBERTY LOCATION - 1395 Jordan Street, North Liberty

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GROUP FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	CXWorx 5:55am Shelby	HIIT to Fit 5:15am Kathy	BodyPump 5:20am Kelly	HIIT to Fit 5:15am Kathy	BodyPump(30m) 5:20am Shelby			
		Senior Strength 8:00am Florence		Senior Strength 8:00am Florence	CX Worx 5:50am Shelby	Metabolic Coaching 7:30am Jenn/Kami		
	BodyPump 9:00am Jacque	Metabolic Coaching 9:00am Kami	BodyStep (45m) 8:55am Jacque	Metabolic Coaching 9:00am Jenn	BodyAttack(30m) 9:00am Leslee	CXWorx 8:35am Aimee/Shelby	BodyPump 9:00am Kelly	
	FitKids 9:10am Leslee		BodyPump 9:45am Layne	Superhero Fit 9:00am Jessica	BodyPump(30m) 9:45am Layne	BodyStep 9:05am Tracy	Zumba 10:05am Kaitlyn	
					CX Worx 10:15am Layne	BodyPump 10:15am Aimee		
		Body Pump 4:30pm Tracy	Body Step 4:30pm Tracy	BodyPump(30m) 4:30pm Aimee				
		CXWorx 5:35pm Aimee	PoundFit (45m) 5:50pm Becky	CX Worx 5:00pm Aimee				
	Barre 7:05pm Kaitlyn	HIIT to Fit 6:35pm Michelle	BodyPump 6:50pm Aimee	BodyStep 6:30pm Jacque				

### North Liberty Yoga and Spin Schedule

North Liberty Yoga and Spin Schedule								
MIND/BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
			Vinyasa Yoga 5:30am Natalie					
	BodyFlow 6:35pm Allison	Vinyasa Yoga 9:00am Kim	Yoga 6:35 pm Erin	VinyasaYoga 9:00am Kim	Yoga 5:30pm *4 week session*	BodyFlow 9:10am Andrew/Danielle	Yoga 10:00am Andrew	Yoga 5:30pm *4 week session*
CYCLE STUDIO	Sprint 5:20am Kandi	RPM 5:20am Shelby		Sprint 5:20am Angie				
				Sprint 8:30am Leslee		Sprint 9:10am Rotation	RPM 9:00am Jessica	
	RPM 12:00pm Margaret		RPM 12:00pm Allison		RPM 12:00pm Allison			
	RPM 5:45pm Kelly	Sprint 6:10pm Kandi		RPM 5:45pm Margaret				

Friday/Sunday Evening Yoga in North Liberty from June 1<sup>st</sup>-29th