



## Group Fitness Schedule 2018

**Center Hours:**  
 Mon-Fri 5am-9pm  
 Sat 7am-7pm  
 Sun 1pm-5pm  
**CLOSED July 4th**  
 800 South Park Lane  
 641-828-0580



	Monday	Tuesday	Wednesday Closed July 4th	Thursday	Friday	Saturday
5:20-6:00am	Stretch	Cycle Summer Sprints	Intervelocity	Cycle Rise & Shine	Complete Core	7:15-8:15am Cycle Saturday
7:30-8:00am	Silver Splash®	Aqua Rhythm	Blazing Bouys	Aqua Yoga	W-Wow	10:30-11:15am Aqua Zumba®
8:05-8:35am	Deep Fitness Flow	W-Wow Core Connection	Deep Travel	Aqua Summer S'wet	Deep Butts & Guts	
8:15-9:00am		Ampd Powerflow®		Intervelocity	Yoga	
10:00-10:45am	Silver Sneaker Circuit®	Boom Move®	Silver Sneaker Classic®	Boom Mind®	Variety Friday	
5:30-6:15pm	PiYo Live®	Turbo Kick® <b>NO CLASS July 10th</b>	Urban Funk Cycle	Zumba®	Cycle Essence	
6:20-7:00pm	Aqua Zumba®	Aqua Complete Core <b>NO CLASS July 10th</b>	Aqua Strong	Aqua Boot Camp		

**KID Friendly Classes!** 1st grade & up welcome in **ALL** classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.