

MARCH

Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	AMPD®	Cycle RPM	Pumped	Cycle Zone	Mobility Mix
7:50-8:30am	Deep/ Shallow Cardio		Deep/Shallow Travel		Deep/Shallow Strength
10:00- 10:45am		SS Classic®	Boom Mind®	Stick to the Beat	
5:30-6:15pm	PiYo®	Step N Kick	Rhythm Ride	Pumped	
6:20-7:00pm	Aqua Zumba®		Aqua Strength		Aqua Deep Jog

Saturday
8:30-9:15am
Butts & Guts

Open Gym
Half the gym will be open during fitness classes, otherwise the entire gym is open during business hours.

Open Volleyball
Wednesday's from 3-9pm
the entire month of March.

Masks required to enter the building. You may remove your mask during your workout as long as social distancing can be maintained. Your mask must be put back on immediately after your workout or any time you are moving around the facility.



Like us on Facebook at City of Knoxville Iowa Parks & Recreation

Knoxville Rec Center
800 South Park Lane
641-828-0580
www.knoxvilleia.gov

Center Hours:
Mon-Fri: 5am-9pm
Saturday: 7am-7pm
Sunday: 1pm-5pm



Class Name: (Type of workout) equipment—target

Ampd Powerflow®: (Strength/Mind/Body) Kettlebell , resistance band—strength based flow combining yoga moves with strength training

PiYo Live®: (Strength/HIIT): mat—full body strength conditioning

Mobility Mix: (Mind/Body) mat & band—full body range of motion work

Pumped: (strength) mat, step, weights—strength workout to get you lean, toned, and fit

Step N Kick: (Cardio) step—combination of basic step aerobics and basic kick boxing

Rhythm Ride: (Cardio) bike— music driven cardio conditioning

Buts & Guts: (Strength) band, ball, mat—focus on core and lower body strength work

Cycle RPM

Cycle Zone

Silver Sneakers Classic®: (Strength) chair, ball, band, dumb bells—to build muscle

Boom Mind®: (Mind/Body) chair—Tai Chi inspired mind, body, & balance centering

Stick to the Beat: (Cardio/ Strength) stability ball, small ball, drum sticks— drumming on a stability ball

Morning Water Classes: (all held in the deep and shallow end, choose your side)

Monday: Cardio

Wednesday: Travel

Friday: Strength

Evening Water Classes:

Monday: Aqua Zumba® (shallow): (Cardio/ HIIT) choreography based, music driven

Aqua Strength (Strength)

COVID-19 Guidelines Overview

- Please practice 6 feet social distancing at all times.
- Do not loiter in the building.
- If you are sick or not feeling well, please stay home.
- We recommend you bring your own ball. If you need a ball, ask the front desk and they will check one out to you. Return the ball immediately after use so it can be sanitized.
- We recommend coming ready to workout to limit locker room use.
- Fitness class instructors will set up, tear down, and sanitize all equipment for classes.
- Do NOT arrive more than 10 minutes prior to a fitness class.