

# November



## Fitness Class Schedule

**No Classes**  
**Thursday, November 25th through**  
**Sunday, November 28th.**

**Facility will be CLOSED Thursday,**  
**November 25th.**

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:10am	AMPD®	Cycle RPM	Pumped	Cycle Zone	Mobility Mix
7:50-8:30am	Aqua Monday Motion		Aqua Turkey Jive		Fall Power Splash
8:15-9am		Barre		Morning Yoga Flow	
10-10:45am	Silver Sneakers Classic®		Silver Sneakers Cardio®		Boom Mind®
4:20-5:00pm	Step	Refit®	Pumped	Rev+Flow®	Cycle + Weights
5:20-6:00pm	Butts & Guts	Zumba Top 40®	Rev+Flow®	Restorative Yoga Flow	
6:20-7:00pm	Aqua Zumba®		Liquid Barre		Deep Dynamic Drills

**Saturday**  
**7:15-8:00am**  
 Cycle Saturday

**Aqua Fury Fusion**

Special Saturday Aqua Class

**Cost: \$5/class**  
**Or donation item**  
**See Flyer for Details**

**8:30-9:30am**  
 November 13th

December 11th

**Knoxville Rec Center**  
 800 South Park Lane  
 641-828-0580  
[www.knoxvilleia.gov](http://www.knoxvilleia.gov)

### Open Gym

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

**Volleyball net will be set up from 3-9pm on the following Wednesdays: 11/3, 11/10, and 11/17.**

Tuesday's Refit® and Zumba Top 40® are child friendly classes. Please feel free to bring your children during these classes. There will be a supervised fun area set up for them to play while you are in class.

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



## Class Name: (Type of workout) description

**Mobility Mix:** (Mind/Body) full body range of motion work

**Step:** (Cardio) basic step aerobics

**Zumba®:** (Cardio) fun music driven dance workout

**AMPD®:** (Mind/ Body & Strength) combination of yoga & strength training

**Pumped:** (Strength) strength training & core fitness

**Barre:** (Strength) combination of ballet, yoga, Pilates, & light weights

**Yoga:** (Mind/Body) flexibility & balance training

**Rev+Flow®:** (Strength) high intensity low impact workout for everyone

**REFIT®:** (Cardio) choreographed inspired powerful moves & positive music

**Butts & Guts:** (Strength)

**Cycle + Weights:** (Cardio & Strength) basic cycle class incorporating light weights

### Cycle Classes

**Tuesday:** Cycle RPM

**Thursday:** Cycle Zone

**Saturday:** Cycle Saturday

### Silver Sneakers Classes

**Monday:** Silver Sneaker Classic®: (Strength) muscle building

**Wednesday:** Silver Sneakers Cardio®: (Cardio) variety cardio work

**Friday:** Boom Mind®: (Mind/Body) Tai Chi inspired mind, body, & balance

### Morning Water Classes:

(all held in the deep and shallow end, choose your side)

**Monday:** Aqua Monday Motion: cardio bursts & core strength

**Wednesday:** Aqua Turkey Jive: travel with noodle

**Friday:** Fall Power Splash: moving to the music

### Evening Water Classes:

**Monday:** Aqua Zumba® (shallow): (Cardio/ HIIT) music driven dance moves

**Wednesday:** Liquid Barre (shallow):

**Friday:** Deep Dynamic Drills (deep): strength with HIITT cardio



**Join us for an hour of non-stop, hi-intensity,  
calorie burning, mind/body explosion!**

**EXTRA CLASSES ADDED**

**Cost:** \$5/ class

Or

Donate a non-perishable food item on November 13th  
to get into class for free.

Donate a winter clothing item (hats, gloves, scarf, etc.)  
on December 11th to get into class for free.

**Dates:** Saturday November 13th & December 11th

**Time:** 8:30—9:30am

**Registration Deadline:** Wednesday prior to class

*Minimum of 10 registrants. Pick your class(s). Must be  
pre-registered. Pay day of class.*