

May

Group Fitness Class Schedule (Turn over for Aqua Fitness Classes)

2022

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:10am	Mobility Mix	Cycle Energy	AMPD Power Flow®	Cycle Endurance	Pumped
10-10:45am	Silver Sneakers Classic®		Silver Sneakers Cardio® + Stability®		Yoga® + Ener Chi®
4:30-5:10pm	Step it Up		Turbokick®		
5:30-6:10pm	Basic Bells	Core Flow	Butts & Guts	Pumped	Yoga

Cycle Saturday
7:15-8am

NO CLASSES
MONDAY 05/30
HAPPY MEMORIAL DAY!

Class Descriptions

Mobility Mix: Active rotational movements to help improve balance, stability, & core function.

Step It Up: cardio conditioning using step benches for a fun aerobic workout.

AMPD Power Flow®: Yoga-inspired moves combined with kettlebells & resistance bands create a low-impact strength workout.

Pumped: A full body weight training program using weighted bars and dumbbells to shape and tone your entire body.

Turbokick® : interval based full body workout with kickboxing sequences and easy-to-follow combinations

Yoga: a mind-body practice combining physical postures & breathing techniques promoting mental & physical health.

Butts & Guts: A lower body & core focused strength training workout exclusive to the REC!

Core Flow : strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training

Basic Bells: introduction to kettle bell work focusing on form, strength, and conditioning

Cycle Classes

Cycle Energy/ Cycle Endurance/ Cycle Saturday: Learn the indoor cycling techniques of riding flats and hills to build lower body strength and endurance and improve your cardiovascular fitness level.

Silver Sneakers Classes

Silver Sneaker Classic®: focuses on strengthening muscles and increasing range of movement for daily life activities.

Silver Sneakers Cardio + Stability®: an aerobics class that's safe, heart-healthy and gentle on the joints with added stability focus.

Yoga + Ener Chi®: Fusing yoga and Pilates into one class designed to relax the body and mind with a Tai Chi component.

***All fitness classes are open to every level of exerciser (beginner to advanced) and taught by certified instructors.**

Open Gym

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

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

May

Aqua Fitness Class Schedule (Turn over for Group Fitness Classes)

2022

	Monday	Tuesday	Wednesday	Thursday	Friday
7:50-8:30am	Cardio Splash		Power Waves		Liquid Movement
6:20-7pm	Aqua Zumba®		S.W.E.T.		Deep Dynamic Drills

Weights & Waves

Saturday, May 14th

8:30-9:30am

\$3 plus daily admission/ membership

Class Descriptions

Morning Water Fitness

(Morning water classes can be either in the shallow or deep end, your choice.)

Monday: Cardio Splash—Beginner/ Intermediate—This class will strengthen your heart while being core focused and stability based.

Wednesday: Power Waves—Beginner/ Intermediate—A water strength class to boost both balance and energy.

Friday: Liquid Movement—Beginner/ Intermediate—A choreography based class for fall prevention and increasing coordination.

Evening Water Fitness

(Monday and Wednesday class in the shallow end; Friday in the deep end.)

Monday: Aqua Zumba® — Intermediate— Dance party in the pool! The Zumba you love mixed with traditional water moves for a non-impact workout.

Wednesday: S.W.E.T —Intermediate—Strength Water Endurance Training: Bootcamp in the pool.

Friday: Deep Dynamic Drills—Intermediate/Advanced— A combination of drills, skills, core work, and HIIT training in the deep end.

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