

<b>August 1st-20th</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5:30-6:00am	Circl Mobility®	Cycle Essence	Strong Nation®	Cycle Ride	Dumbbell Strength
7:50-8:30am Deep/Shallow	Aqua Strength	Aqua Travel Core	Aqua Circuit	Aqua Equipment Blast	Aqua Rhythm
10:00-10:45am	Silver Sneakers Classic®	Walk It Out(side)	Silver Sneakers Circuit	Boom Muscle® Boom Move®	Core Stability & Balance
4:45-5:15pm		Lift	Cycle 101	Dumbbell Strength	
5:30-6:00pm	Cycle Circuit®	Rev It Up	Basic Bells	Kettlebell Pumped	Circl Mobility®
6:20-7:00pm	Aqua Zumba®	Aquabata	Aqua Bootcamp	Aqua Barre Kick	Deep Drills & Skills

**!!Please note our gymnasium is closed beginning August 21<sup>st</sup> as we refinish the floor!!**

<b>August 21<sup>st</sup>-31<sup>st</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5:30-6:10am Weather Permitting		Body Weight Blast (on outside pool deck)		Body Weight Blast (on outside pool deck)	
7:50-8:30am Deep/Shallow	Aqua Strength	Aqua Travel Core	Aqua Circuit	Aqua Equipment Blast	Aqua Rhythm
10:00-10:45am		Walk It Out(side)		Walk It Out(side)	
5:30-6:10pm Weather Permitting		Body Weight Blast (on outside pool deck)		Body Weight Blast (on outside pool deck)	
6:20-7:00pm	Aqua Zumba	Aquabata	Aqua Equipment Blast	Aqua Barre Kick	Deep Drills & Skills

## CLASS DESCRIPTIONS

**Cycle Classes:** Learn indoor cycling techniques of riding flats and hills to build lower body strength and endurance, improves your cardiovascular fitness level. (6000 steps)

**Silver Sneakers Classic®:** focuses on strengthening muscles and increasing range of movement for daily life activities. (3000 steps)

**Walk It Out(side):** Walk the trail in a group to build cardio endurance and leg strength (5000 steps)

**Silver Sneakers Circuit®:** aerobics class that's safe, heart-healthy and gentle on the joints with added strength focus. (4000 steps)

**Boom Muscle®:** Strength and conditioning focused on proper form and control. (3000 steps)

**Core Stability & Balance:** This class will focus on building a strong core and work on balance strength. (2000 steps)

**Aqua Strength:** Equipment based workout using water resistance to build strength (3000 steps)

**Aqua Travel Core:** Focused core conditioning paired with travel patterns for dynamic conditioning (4000 steps)

**Aqua Circuit:** A mix of strength and cardio training for total body conditioning. (3000 steps)

**Aqua Equipment Blast:** A strength & cardio class using different aqua equipment combinations (3000 steps)

**Aqua Rhythm:** Move to the music in this fun, heart-pumping, non-stop class. (4000 steps)

**Aqua Zumba®:** Dance party in the pool! The Zumba you love mixed with traditional water moves for a non-impact workout. (6000 steps)

**Aquabata:** Aqua meets Tabata! HIIT endurance training with an aquatic edge! (6000 steps)

**Aqua Barre KICK:** Aqua Barre meets kickboxing for a fast-paced killer fitness class in the water! (5000 steps)

**Deep Drills & Skills:** Strength Water Endurance Training, Bootcamp in the pool. (6000 steps)

**Lift:** weighted bar and stability ball, strength work (4500 steps)

**Rev It Up:** A full body training program using light dumbbells to shape and tone your entire body (4000 steps)

**Kettlebell Pumped:** Weighted bars and basic kettlebell work make this a superb strength training class (4000 steps)

**Circl Mobility®:** Mind body work combined with isochoric toned music and breathing techniques to get you moving better every day (3000 steps)

**Dumbbell Strength:** Basic dumbbell strength training for a total body workout (3000 steps)

**Strong Nation®:** combine body weight, muscle conditioning, cardio & plyometric work for a one-of-a-kind total body workout (4000 steps)

**Body Weight Blast:** this workout is outside on the pool deck- weather permitting-using our bodies only! HIIT format (4500 steps)

**Basic Bells:** basic kettlebell work make this a superb strength training class (4000 steps)

# 2023



Facility Hours:

Mon-Fri: 5am-9pm

Sat: 7am-7pm

Sun: 1pm-5pm

Knoxville Recreation Center:

800 S Park Lane

Knoxville, Iowa 50138

641-828-0580