

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	Pumped	Cycle Essence	Strong Nation®	Cycle Circuit	Circl Mobility®
7:50-8:30am Deep/Shallow	Aqua Strength		Aqua Circuit		Aqua Rhythm
9:00-9:40am	Burn		Butts & Guts		Yoga
10:00-10:45am	Silver Sneakers® Classic		Silver Sneakers® Cardio		Silver Sneakers® Yoga + Enerchi
4:45-5:20pm		Zumba®		Butts & Guts	
5:30-6:15pm	Cycle Circuit	Barre Blast	Kettlebell	Out of the Box	Circl Mobility®
6:20-7:00pm	Aqua Zumba®		Aqua Bootcamp		Deep Drills & Skills

**NO CLASSES
MONDAY
SEPT. 4TH**

Saturday Classes			
Sept. 9th 8:30am- 9:15am	Sept. 16th 8:30am-9:15am	Sept. 23th 8:30am-9:15am	Sept. 30th 8:30-9:15am
Cycle Saturday	Strong Nation®	Circl Mobility®	Aqua Bootcamp

September

2023 Fitness Class Schedule



*See backside of page for class descriptions *

Mon-Fri: 5am-9pm

Sat: 7am-7pm

Sun: 1pm-5pm

800 S Park Lane

Knoxville, Iowa 50138

641-828-0580

Class Descriptions:

Ampd Powerflow®-Light kettlebells, resistance bands and yoga movements fuse together in this class.

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

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

PiYo®: a full body strength and conditioning class.

Cycle Revolution/Cycle & Strength/Cycle Circuit: Learn indoor cycling techniques of riding flats and hills to build lower body strength and endurance, improves your cardiovascular fitness level.

Kettlebell Connect: a Kettlebell workout focusing on form, strength, & conditioning .

Power Barre: strengthen and tone muscles. Set to upbeat music, Barre class will incorporate specific sequencing patterns and isometric movements that target specific muscle groups and test your endurance. Helps improve strength, balance, flexibility, and posture.

Liquid Stick to the Beat: a cardio workout using drumsticks in the water for a heart– pumping workout.

Deep S'WET: Intermediate– Strength Water Endurance Training: Bootcamp in the pool.

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

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

Silver Sneakers Yoga + Enerchi®: fusing yoga and Pilates into one class designed to relax the body and mind with a Tai Chi, Ener Chi component, and stability.

Silver Sneakers Circuit + Strength®: aerobics class that's safe, heart-healthy and gentle on the joints with added strength focus.

Monday-Friday: 5am-9pm

Saturday: 7am-7pm

Sunday: 1pm-5pm

