

Health Fitness April-May Schedule

Register for pool and land class times on Club Automation (grhs.clubautomation.com) or call 319-768-4191.

Gym Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
5am-1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1pm-2pm	Disease Specific	Disease Specific	Disease Specific	Disease Specific	Disease Specific
2pm-7pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Saturday				
7am-10am	Open Gym				
10am-1pm	Open Gym				

Pool Hours & Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
7am-7:40am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
8:15am-9:15am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
10am-10:40am	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics
11:15am-12:15pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
2pm-2:40pm	Aqua Zen	Aqua Fitness	Aqua Zen	Aqua Fitness	Aqua Zen
3:15pm-4:15pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30pm-5:30pm	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
	Saturday				
7am-7:45am	Aqua Fitness				
8am-8:45am	Open Swim				
10am-10:45am	Aqua Fitness				
11am-11:45am	Open Swim				

Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am	Body Pump		Body Pump		Pump with a little Spin	
8am-8:45am	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	
9am-9:45am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging	Total Training
12:05-12:50pm	Happy Hour Yoga		Happy Hours Yoga			
1pm-2pm		Delay the Disease		Delay the Disease		
4pm-4:45pm	Total Training	Total Training	Total Training	Total Training		
5pm-5:30pm	Pound	Body Pump	Pound	Body Pump		
5pm-5:55pm		Night Cap Yoga		Night Cap Yoga		