

Health Fitness Land Group Fitness Class Schedule

Classes marked with an * are held in the Chief room and all other classes are in the Functional Training Area.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:15 a.m.	Intermediate Strength Training		Intermediate Strength Training			
5:30 – 6:15 a.m.				Sweat Session Plus		
6:15 – 6:45 a.m.	Cycle		Sweat Session			
8:00 – 8:50 a.m.	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	
9:00 – 9:50 a.m.	Active Aging	Chair Fitness	Active Aging	Chair Fitness	Active Aging	Bootcamp
10:00 – 10:50 a.m.				Form Fitness		
11:30 a.m. – 12:00 p.m.	Balance		Balance			
12:00 – 12:30 p.m.	Noon Express Upper Body Workout	Noon Express Total Body Workout	Power Fusion	Noon Express Lower Body Workout	Noon Express Total Body Workout	
12:05 – 12:55 p.m.	Happy Hour Yoga*				Beginner Yoga*	
1:00 – 1:50 p.m.		Delay The Disease		Delay The Disease		
4:00 – 4:50 p.m.	Total Training	Total Training	Total Training	Total Training		
5:00 – 5:30 p.m.	Pound*		Pound*	Zumba		
5:00 – 5:50 p.m.		Night Cap Yoga*				

Register for classes through Club Automation or call the front desk at 319-768-4191.

Class descriptions and fitness levels are on the back.

Class Name	Class Descriptions	Fitness Level
Active Aging	This class will include cardio, and strength moves in a circuit-type format. Exercises can be modified for all abilities. This class will assist in improving cardiovascular and muscular strength, balance, and endurance.	Low Impact
Balance	Identify specific weaknesses in the balance system to lower the risk of falling. The class will focus on exercises that improve lower-body muscle strength, visual acuity, neck flexibility, and ankle dexterity.	Low Impact
Beginner Yoga	This class is for new yoga students. It will teach relaxing breathwork and basic yoga postures with proper alignment.	All
Sweat Session	The title says it all , this class combines cardio, strength, and core in different structures that range between Tabatas, EMOMS, and Circuits.	All
Bootcamp	Designed to increase stamina and strength through challenging total body workouts	All
Chair Fitness	This class will improve your strength, balance, and flexibility while feeling confident seated in a chair. Great for all individuals with disease-specific conditions or those who are new to exercise.	Low Impact
Delay the Disease	A low-impact class done mostly in a chair is designed for people with Parkinson's disease. This class helps improve posture, balance, strength, and walking difficulties.	Low Impact
Express Workouts	30 min classes designed to increase strength, and stamina, improve mobility, or unwind during your lunch hour.	Variable
Functional Fitness	This class combines resistance training, cardiovascular endurance, core training, and flexibility to keep you functional for your everyday life activities.	Intermediate
Happy Hour Yoga	Take your lunch hour to enjoy a vinyasa-style practice designed to strengthen the body and balance the mind. This class will link breath to movement during seated, standing, and balancing postures. Leave feeling energized and empowered.	Intermediate
Nightcap Yoga	Wind down your day with a gentle, meditative practice to relax and renew your body, mind, and spirit.	Low Impact
Pound	Channel your inner rock star with this full-body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.	All
Power Fusion	Improve your strength, balance, and endurance by fusing yoga, Pilates, and Barre-inspired exercises for a full-body workout.	All
Cycle	A 30-minute Cycling class offering a low-impact, HIIT-style workout. This class is for all fitness levels.	All
Intermediate Strength Training	This strength training program will be offered 2 days per week, Focusing on similar lifts each week (barbells and dumbbells will be used), working on both the upper and lower body. Bring a notebook to track your weights and progress. Requires sign-up only 8 per 12-week cycle	Intermediate-Advanced
Total Training	The class focus is quick, challenging, intense bursts of exercise by keeping your heart rate up and burning more fat in less time.	Intermediate-Advanced
Zumba®	We take the "work" out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	All
Form Fitness	Form-based class that teaches correct and safe lifting techniques and modifications for all lifts	All