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September 7 - October 29

**Fitness & Water Aerobic
Class Schedule**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30am	Cardio Blast <i>Susie</i>	Muscle Madness <i>Marianne</i>	Cardio Blast <i>Susie</i>	Muscle Madness <i>Marianne</i>	Cardio Blast <i>Susie</i>
6:15 - 7:15am	Water Aerobics <i>Marianne</i>		Water Aerobics <i>Marianne</i>		Water Aerobics <i>Marianne</i>
8:30 - 9:30am	Water Aerobics <i>Michelle</i>	Water Aerobics <i>Michelle</i>	Water Aerobics <i>Michelle</i>	Water Aerobics <i>Michelle</i>	Water Aerobics <i>Michelle</i>
10:30 - 11:15am	Silver Sneakers MSROM <i>Susie</i>		Silver Sneakers MSROM <i>Susie</i>		Silver Sneakers MSROM <i>Susie</i>
3:30 - 4:30pm		Water Aerobics <i>Pam</i>		Water Aerobics <i>Pam</i>	
4:30 - 5:15pm	Step Aerobics <i>Mandy</i>		Step Aerobics <i>Mandy</i>		
5:30 - 6pm	Cardio Abs <i>Mandy</i>		Cardio Abs <i>Mandy</i>		
5:30 - 6:30pm		Muscle Madness <i>Lynne</i>		Muscle Madness <i>Lynne</i>	
5:30 - 6:30pm		Water Aerobics <i>Pat</i>		Water Aerobics <i>Pat</i>	
6:15 - 7:15pm	Extreme Fitness <i>Mandy</i>		Extreme Fitness <i>Mandy</i>		

Punch Cards:

Members - \$10 for 10 punches

Nonmembers - \$30 for 10 punches

For more information, please call the
Therapy & Wellness Connection at 319-332-0850

NEW!

Step Aerobics

The perfect combination of cardio step and toning! This class is sure to keep you moving by incorporating the use of a step and total body toning exercises.

Water Aerobics

Use the TWC pool to get your cardio and strength done all at once! Since class is performed in water, you will feel ease on your joints and get full body water resistance!

NEW!

Extreme Fitness

Looking for variety in your routine? Challenge yourself with this athletic-based cardio/strength training class that will give you a full body workout. Classes will take place both indoors and outdoors, so be prepared...you'll never know what's coming next!

NEW!

Cardio Abs

Interval training class with a mixture of strength routines for your abs and cardio-paced bursts of activity!

Muscle Madness

This class is mainly comprised of strength training moves for the entire body! Get your heart rate up by moving quickly from one move to the next!

Silver Sneakers MSROM

Have fun and move through a variety of low-intensity exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing, and a ball are offered for resistance, accompanied by a chair for seated/standing support.

Cardio Blast

This class includes higher intensity cardio bursts intertwined with circuits of strength training.