

AUGUST

Rockwell Collins Recreation Center - August Group Fitness Class Schedule

400 Collins Rd. NE, Cedar Rapids, IA 319-295-2552

All the classes listed below are included with your monthly membership.

Cycling Studio		
Monday	12:10-12:55 PM	Cycling Jeff
	5:30-6:15	PM Cycling Bob
Tuesday	5:25-6:10	AM Cycling Greg
	5:15-6:30	PM Athletic Edge Brenda <small>*see description for location</small>
Wednesday	5:25-6:10	AM Cycling Tracey
	12:10-12:55	PM Cycling Al
Friday	5:30-6:15	PM Cycling Lindsay O
	5:25-6:10	AM Cycling Brad

TRX® Suspension Training®		
M	5:30-6:15	PM Dixie
Tue	5:25-6:10	AM Allen
	12:10-12:55	PM HardCore Bonnie
W	5:30-6:15	PM Kristy
Th	5:25-6:10	AM Allen
	12:10-12:55	PM Lindsay M
Fri	12:10-12:55	PM ☀️ Al

Rec Center Regular Business Hours	
Monday-Thursday	5:00 AM-10:00 PM
Friday	5:00 AM-9:00 PM
Saturday-Sunday	7:00 AM-7:00 PM
Rec Room Babysitting Hours	
Monday-Friday	9:00 AM-1:15 PM
Monday-Thursday	4:00 PM-7:30 PM
Saturday	8:00 AM-12:00 PM
All classes that are labeled with a ☀️ will be held outdoors, weather permitting. If weather does not permit, class will be held indoors. ALL outdoor classes are open to members and eligible non-Rec Center members!	

Fitness Classroom		
Monday	5:25-6:10	AM Morning Madness <small>*see description for location</small> Brad
	7:30-8:00	AM Stretch & Relax Robin
	8:05-8:35	AM Beginner Step Robin
	9:20-10:20	AM IronWorks & Core Deb
	10:30-11:15	AM Body Barre Bonnie
Tuesday	12:10-12:55	PM Mat Pilates Lindsay
	4:30-5:20	PM Insanity Live!® Yvette
	5:30-6:20	PM IronWorks & Core Chris
	6:30-7:30	PM Yoga Leslie
	5:30-6:15	AM IronWorks Nancy
Wednesday	9:20-10:20	AM Yoga Brenda/Angela
	10:30-11:15	AM Mat Pilates Bonnie
	11:30-12:15	AM IronWorks Tracey
	5:00-5:25	PM Power Barre Katie W
	5:30-6:15	PM Zumba® Amy
Thursday	6:15-6:30	AM Core Tracey
	7:30-8:00	AM Stretch & Relax Robin
	8:05-8:35	AM Beginner Step Robin
	9:20-10:20	AM IronWorks & Core Team
	11:30-12:15	PM Yoga ☀️ Amy
Friday	5:30-6:30	PM Yoga Angela
	6:30-7:30	PM Tai Chi Bill
	5:30-6:20	AM Insanity Live!® Riley
	9:20-10:20	AM Yoga Bonnie/Sandy
	10:30-11:00	AM Kids Fit 'N Fun Lindsay M
Saturday	12:20-1:00	PM Step Katie W
	4:30-5:15	PM IronWorks Cheryl
	5:15-5:30	PM Core Cheryl
	7:30-8:00	AM Stretch & Relax Tracey
	8:05-8:35	AM Beginner Step Tracey
Sunday	9:20-10:20	AM Yoga Brenda/Sandy
	11:30-12:15	AM IronWorks Chris G
	6:30-7:30	PM Tai Chi Bill
Monday	8:05-9:05	AM IronWorks & Core Deb
	9:20-10:20	AM Yoga Staff
Tuesday	8:00-9:00	AM Serenity Yoga Heidi/Sandy

High Court & Sports Park		
Monday	8:10-8:55	AM SilverSneakers® Classic Vikki
	9:05-9:50	AM Zumba Gold® Shiho
	10:30-11:15	AM Zumba® Shiho
Tuesday	12:00-1:00	PM Try It Out Pilates(Studio B) Bonnie
	1:35-2:20	PM SilverSneakers® Classic Lindsay M
	5:30-6:15	PM Kettlebell Kick Ashley
	5:30-6:15	AM Outdoor Basic Training ☀️ Yvette/Riley <small>*see description for location</small>
	8:10-8:55	AM SilverSneakers® Circuit Tracey
Wednesday	9:10-9:55	AM SilverSneakers® Yoga Tracey
	12:20-1:00	PM Step Tracey
	5:30-6:15	PM Metabolic Blast Jessi
Thursday	6:15-6:30	PM Core Jessi
	8:10-8:55	AM SilverSneakers® Classic Chris S/Riley
	9:05-9:50	AM Zumba Gold® Amy
	10:00-10:30	AM Hula Hoop ☀️ Shiho
	10:30-11:15	AM Zumba® Char
Friday	1:35-2:20	PM SilverSneakers® Classic Jamie/Kendra
	5:30-6:15	PM F.A.S.T. ☀️ Dixie
	6:15-6:30	PM Core ☀️ Dixie
	5:30-6:15	AM Outdoor Basic Training ☀️ Ashley <small>*see description for location</small>
	8:10-8:55	AM SilverSneakers® Circuit Robin
Saturday	9:10-9:55	AM SilverSneakers® Yoga Angela
	10:00-10:30	AM Balance Barre Angela
	12:20-12:55	PM Kettlebell Strength Chris S.
	5:30-6:20	PM Insanity Live!® Jessi
	8:10-8:55	AM SilverSneakers® Classic Jeff/Bonnie
Sunday	8:45-9:15	AM Summer Walking Class ☀️ Tracey <small>*see description for location</small>
	9:05-9:50	AM Zumba Gold® Amy
	12:20-1:00	PM Zumba® Char
	12:10-12:55	PM Mat Pilates(Studio A) Bonnie
	1:35-2:20	PM SilverSneakers® Classic Shiho
Monday	9:05-9:50	AM Step Chris N
Tuesday	9:50-10:05	AM Core Chris N
Wednesday	8:15-9:00	AM Step Tracey
Thursday	9:05-9:50	AM IronWorks Tracey
Friday	4:00-4:45	PM Zumba® Shiho

**Rockwell
Collins**

Recreation Center

For questions please contact Riley Barth, Group Fitness Manager - Riley.Barth@rockwellcollins.com
See back or website for class descriptions. <http://rockwellcollinsrecenter.com/>

Revised 8/9/17

Rockwell Collins Recreation Center - August Group Fitness Class Schedule

All the classes listed below are included with your monthly membership.

Class Descriptions

Cycling Studio Class Descriptions

Cycling (All Intensities) Classes will offer a variety of levels designed to build cardiovascular and muscular endurance, focusing on steady-state training, hill work and interval training. Wear your heart rate monitor, if you have one.


Athletic Edge (Intermediate to Advanced) Take your workout OUT-SIDE! Group workouts will improve your running endurance and speed. Class meets outside the Rec Center main front doors.

LOOK FOR: Instructors may add scenery to your cycling workout by projecting virtual reality DVD journeys on the front wall of the studio!

TRX® Class Descriptions

TRX® Suspension Training utilizes your bodyweight to develop strength, balance, flexibility and core stability simultaneously. You control how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Our motivating Instructors will help you reach new levels of fitness with this total body class!

TRX® HardCore (Intermediate to Advanced) Put your core to the test with this class infusing Pilates, TRX® and other full body exercises.

 **You've already decided on a fit future. Now is the time to get started with Silver Sneakers Classes!**

SilverSneakers Classic® Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated exercises and standing support.

SilverSneakers Circuit® This class incorporates low-impact choreography alternated with standing upper body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Yoga® Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Balance Barre (All Levels) A 30-minute class that focuses on exercises designed to improve lower body strength and balance.

Body Barre (All Levels) A classic, 45-minute Barre class that integrates a ballet barre to create a fat burning workout with exercises that will work your entire body.

Core (All Levels) More than just crunches! This 15-minute class will target and strengthen the entire core.

F.A.S.T. Functional-Athletic-Strength-Training (All Levels) Class emphasizes basic full body movements to gain muscle strength and power. A mix of equipment including use of battle ropes, kettle bells, medicine balls and sand bells.

Hula Hoop (All Levels) Learn how to hula hoop and turn it into a fun workout to use your core.

Insanity Live! (All Levels) This isn't your ordinary cardio-conditioning class. This thrilling workout provides the support and group motivation to challenge you to work toward your highest potential and unleash your inner athlete, no matter where you're starting from.

IronWorks (All Levels) This class combines weights, music and instructor motivation to keep your body moving and your energy level high.

Kettlebell Kick (All Levels) This class offers a dynamic mix of cardio, shadowboxing and kettlebell strengthening for a highly effective workout. No bags or gloves needed.

Kettlebell Strength (All Levels) All muscles on deck! During this class you will tap into big powerhouse muscles (like your legs and glutes) and smaller stability muscles (like your abs).

Kids Fit 'N Fun This class is for children ages 2-5 years old. Parents or grandparents are welcome and encouraged to participate.

Mat Pilates (All Levels) Come for the most comprehensive core workout you have ever experienced.

Metabolic Blast (All Levels) A high-energy time-efficient cardio and strength class. Class is broken down into segments of quick, continuous cardio drill mixed with upper and lower body strength work.

Morning Madness (All Levels) A class designed to give you a killer cross training workout. Class meets at the north end of the second basketball court.

Outdoor Basic Training (Intermediate to Advanced) This total body workout will challenge you differently in every class! Workouts are designed to improve your overall fitness - strength, cardio, flexibility, agility and endurance! Meet under the pavilion in the Sports Park.

Power BARRE (All Levels) A high-energy express class that integrates the use of a ballet barre. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, glutes and thighs.

Serenity Yoga (All Levels) Learn to be fully present and connect mind, body and soul through Yoga poses and meditation. "Doing Yoga is not about getting better at Yoga. It is about surrendering to your whole self."

Step (All Levels) This class helps get your cardio training in as you learn step/aerobics patterns. Our instructors really know how to break it down and cue effectively so that choreography is easy to follow, yet challenging enough to get a great cardiovascular workout!

Stretch and Relax (All Levels) Stretch to relaxing music to improve range of motion and prevent injury.

Summer Walking Class (All Levels) Physical activity doesn't need to be complicated! During this class you will learn proper walking technique and posture and go through a structured warm up and cool down. Class meets outside the Rec Center front doors. In case of inclement weather, the class will meet on the high court track.

Tai Chi (All Levels) This class helps to reduce stress and improve balance. Class focuses on proper breathing and form.

Try It Out Pilates (Beginner) For new students who would like to learn the basics of the Pilates reformer. Please sign up at the front desk to reserve a spot.

Yoga (All Levels) Our professional instructors will assist all participants at ALL levels in improving flexibility, balance and muscular endurance.

ZUMBA® (All Levels) ZUMBA® combines high energy and motivating Latin music with low impact dance moves. No prior dance experience necessary!

ZUMBA Gold® (All Levels) A lower intensity ZUMBA® class designed for active seniors, beginning exercisers and populations that need modifications.

Can't make a class? Try Wexer Virtual Fitness! Stop by the Cycling studio and try out a Virtual Fitness class! There are over 700 classes available varying in style, intensity and length. The Wexer is available anytime a live class is not being offered. No reservation required.