

APRIL

Rockwell Collins Recreation Center - 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			
Mon	12:10-12:55	PM	Jeff
	5:30-6:15	PM	Bob
Tues	5:25-6:10	AM	Greg
	5:15-6:30	PM Athletic Edge <small>*see description for location</small>	Brenda
Wed	5:25-6:10	AM	Tracey
	12:10-12:55	PM	Al
	5:30-6:15	PM	Ryan/Al
Th	5:15-6:30	PM High Tech	Bob
Fri	5:25-6:10	AM	Brad
Sat	7:15-8:00	AM	Vikki/Greg

TRX® Suspension Training®			
M	12:10-12:55	PM	NEW TIME!! Kristy
	5:30-6:15	PM	Dixie
Tue	5:25-6:10	AM	Ashley
	12:10-12:55	PM	HardCore Bonnie
W	5:30-6:15	PM	Kristy
Th	5:25-6:10	AM	Joe
	12:10-12:55	PM	Lindsay M
Fri	12:10-12:55	PM	Al

Rec Center Regular Business Hours	
Monday-Thursday	4:00 AM-11:00 PM
Friday	4:00 AM-9:00 PM
Saturday-Sunday	6:00 AM-8:00 PM
Rec Room Babysitting Hours	
Monday-Friday	9:00 AM-1:15 PM
Monday-Thursday	4:00 PM-7:30 PM
Friday	4:00 PM-6:30 PM
Saturday	8:00 AM-12:00 PM

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 MuscleWorks & Core	Deb	
	10:30-11:15	AM Body Barre	Bonnie	
	12:10-12:55	PM Mat Pilates	Bonnie	
	4:30-5:20	PM Insanity Live!®	Riley	
	5:30-6:20	PM MuscleWorks & Core	Chris	
	6:30-7:30	PM Yoga	Leslie	
	Tuesday	5:30-6:15	AM MuscleWorks	Nancy
9:20-10:20		AM Yoga	Brenda/Angela	
10:30-11:15		AM Mat Pilates	Bonnie	
11:30-12:15		AM MuscleWorks	Tracey	
4:30-4:55		PM Bottoms Up	Nancy	
5:00-5:25		PM Power Barre	Katie	
5:30-6:15		PM Zumba®	Amy	
Wednesday		6:15-6:30	AM Core	Tracey
		7:30-8:00	AM Stretch & Relax	Kelly
		8:05-8:35	AM Beginner Step	Kelly
	9:20-10:20	AM MuscleWorks & Core	Nancy	
	12:00-12:45	PM Yoga	Amy	
	5:30-6:30	PM Yoga	Angela	
	6:30-7:30	PM Tai Chi	Bill	
	Thursday	5:30-6:20	AM Insanity Live!®	Riley/Yvette
		9:20-10:20	AM Yoga	Bonnie/Sandy
		10:30-11:00	AM Kids Fit 'N Fun	Lindsay
12:20-1:00		PM Step	Katie W	
4:30-5:15		PM MuscleWorks	Tracey	
5:30-6:15		PM Build & Burn	Janet	
6:15-6:30		PM Core	Janet	
Friday		5:30-6:15	AM MuscleWorks	Tracey
		7:30-8:00	AM Stretch & Relax	Tracey
		8:05-8:35	AM Beginner Step	Tracey
	9:20-10:20	AM Yoga	Brenda/Sandy	
	11:30-12:15	AM MuscleWorks	Chris G	
	12:20-1:05	PM Mat Pilates	Bonnie	
	6:30-7:30	PM Tai Chi	Bill	
	Sat	8:05-9:05	AM MuscleWorks & Core	Deb
		9:20-10:20	AM Yoga	Staff
	Sun	9:20-10:20	AM Yoga	Carla

High Court			
Monday	8:10-8:55	AM SilverSneakers® Classic	Vikki
	9:05-9:50	AM Zumba Gold®	Shiho
	10:30-11:15	AM Zumba®	Shiho
	12:00-1:00	PM Try It Out Pilates(Studio B)	Lindsay
	1:35-2:20	PM SilverSneakers® Classic	Lindsay
Tuesday	5:30-6:15	PM Kettlebell Kick	Ashley
	8:10-8:55	AM SilverSneakers® Circuit	Tracey
	9:10-9:55	AM SilverSneakers® Yoga	Tracey
	10:30-11:15	AM Drum Fit & Stretch	Heidi
	12:20-1:00	PM Step	Tracey
Wednesday	5:30-6:15	PM Metabolic Blast	Jessi
	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
Thursday	10:30-11:15	AM Zumba®	Char
	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
	8:10-8:55	AM SilverSneakers® Circuit	Robin/Dixie
Friday	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
Saturday	9:05-9:50	AM Zumba Gold®	Amy
	12:20-1:00	PM Zumba®	Char
	1:35-2:20	PM SilverSneakers® Classic	Shiho
	9:05-9:50	AM Step	Chris N
	9:50-10:05	AM Core	Chris N
Sun	8:00-8:40	AM Step	Tracey
	8:45-9:30	AM MuscleWorks	Tracey
	4:00-4:45	PM Zumba®	Shiho

To enhance the group fitness experience for participants, instructors may use a high volume level for music in some classes. Members who are not able to tolerate high volume levels are advised to avoid the High Court at these times.

**Rockwell
Collins**

Recreation Center

MAY

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

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Tuesday	5:30-6:20 PM MuscleWorks & Core	Chris
	6:30-7:30 PM Yoga	Leslie
	5:30-6:15 AM MuscleWorks	Nancy
	9:20-10:20 AM Yoga	Brenda/Angela
	10:30-11:15 AM Mat Pilates	Bonnie
	11:30-12:15 AM MuscleWorks	Tracey
	4:30-4:55 PM Bottoms Up	Nancy
	5:00-5:25 PM Power Barre	Katie
	5:30-6:15 PM Zumba®	Amy
	6:30-7:30 PM Bellyfit®	Shari
Wednesday	6:10-6:25 AM Core NEW CLASS!	Tracey
	6:30-7:15 AM PiYO Live® TIME CHANGE	Denise
	7:30-8:00 AM Stretch & Relax	Kelly
	8:05-8:35 AM Beginner Step	Kelly
	9:20-10:20 AM MuscleWorks & Core	Nancy
	11:30-12:15 PM Yoga TIME CHANGE	Amy
	5:30-6:30 PM Yoga	Angela
	6:30-7:30 PM Tai Chi	Bill
	9:20-10:20 AM Yoga	Bonnie/Sandy
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Thursday	12:20-1:00 PM Step	Katie W
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	10:00-10:30 AM Hula Hoop	Shiho
	10:30-11:15 AM Zumba®	Char
	12:00-12:30 PM Outdoor Basic Training	Ryan
	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
Thursday	5:30-6:15 AM Outdoor Basic Training	Yvette
	8:10-8:55 AM SilverSneakers® Circuit	Robin/Dixie
	9:10-9:55 AM SilverSneakers® Yoga	Angela
	10:00-10:30 AM Balance Barre	Angela
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	9:50-10:05 AM Core	Chris N
Sun	8:00-8:40 AM Step	Tracey
	8:45-9:30 AM MuscleWorks	Tracey
	4:00-4:45 PM Zumba®	Shiho

All classes that are labeled with a will be held outdoors, weather permitting. If weather does not permit, class will be held indoors.
Meet for class at the Sports Park Pavilion.

Rockwell Collins Recreation Center - 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.

Athletic Edge (Intermediate to Advanced) A 75-minute class that will improve your cardiovascular fitness. The class is designed for runners, cyclists and triathletes. Class focuses on training variables to improve your fitness and performance. Class meets outside the Rec Center main front doors.

High Tech Cycling (Intermediate to Advanced) A 75-minute workout. Geared toward cyclists and triathletes, but all who are looking for a longer workout will enjoy this class!

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 SilverSneakers® 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) Focus on exercises designed to improve lower body strength and balance.

Bellyfit® (All Levels - Women Only) Expect cardio moves inspired by Belly Dance, African and Indian dance and even a few kick boxing moves. Finish with deep core work and a relaxing yoga inspired stretch.

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

Bottoms Up (All Levels) This class focuses on working your lower body and core.

Build and Burn (All Levels) In this class you will do low impact cardio while also incorporating resistance training for a full body workout.

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

Drum Fit & Stretch (All Levels) You will use drumsticks in a choreographed workout of cardio and core strength set to energetic, motivational music for 20-30 minutes. The remainder of the class will be spent on a yoga/stretching mat going through a series of poses.

F.A.S.T. (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 slam balls.

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 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.

Kettlebell Kick (All Levels) This class offers a dynamic mix of cardio, shadowboxing and kettlebell strengthening for a highly effective workout.

Kettlebell Strength (All Levels) All muscles on deck! During this class you will tap into big powerhouse muscles 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) Class is broken into segments of quick, continuous cardio drills 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 2nd basketball court.

MuscleWorks (All Levels) Strengthen and tone your entire body. This class combines weights, music and instructor motivation to keep you moving and your energy level high.

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.

PiYo Live® (All Levels) Sweat, stretch, and strengthen—all in one unique workout. Using only your bodyweight, you'll perform a series of low impact, high-intensity Pilates— and yoga— inspired moves to work every single muscle in your body.

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.

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 the 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.

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. 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) Get fit and have fun! Achieve excellent cardio and core condition with motivating music and high-energy instructors. No dance experience required.

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.