

Group Fitness Class Schedule November 2018

(319) 295-2552 | www.rockwellcollinsreccenter.com



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

Format Legend	
Cardio	Dance
Mind/Body & Pilates	Silver Sneakers
Strength	Specialty Format

Upcoming Events
Rec Center Open House Thursday, November 15 th 4:00-7:00 PM *STRONG by Zumba® Demo Class Tuesday, November 20 th 10:30-11:15 AM

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Madness 5:25-6:10 AM Brad					
SilverSneakers® Classic 8:10-8:55 AM Vikki	SilverSneakers® Circuit 8:10-8:55 AM Tracey	SilverSneakers® Classic 8:10-8:55 AM Chris S./Riley	SilverSneakers® Circuit 8:10-8:55 AM Dixie/Robin	SilverSneakers® Classic 8:10-8:55 AM Jeff/Ryan	Muscle Works & Core 8:30-9:30 AM Deb
Muscle Works & Core 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Tracey	Muscle Works & Core 9:20-10:20 AM Nancy	SilverSneakers® Yoga 9:10-9:55 AM Angela	Muscle Works & Core 9:20-10:20 AM Janet	
Zumba® 10:30-11:15 AM Shiho	DrumFit & Stretch* 10:30-11:15 AM Heidi	Zumba® 10:30-11:15 AM Char	Balance Barre 10:00-10:30 AM Jacki	Step 10:30-11:15 AM Tracey	Step 8:00-8:45 AM Tracey
Try It Out Pilates Studio B 12:00-1:00 PM Lindsay			Step 12:20-1:00 PM Katie	Zumba® 12:20-1:00 PM Char	BODYPUMP® 9:00-9:55 AM Tracey
SilverSneakers® Classic 1:35-2:20 PM Lindsay/Sue	Athletic Edge Under Mezzanine 5:15-6:30 PM Brenda	SilverSneakers® Classic 1:35-2:20 PM Kendra/Jamie		SilverSneakers® Classic 1:35-2:20 PM Shiho	Zumba® 4:00-4:45 PM Shiho
Kettlebell Kick 5:30-6:15 PM Ashley	BODYPUMP® 5:30-6:25 PM Jessi	F.A.S.T. & Core 5:30-6:30 PM Dixie	Build & Burn 5:30-6:30 PM Janet		

TRX® Suspension Training®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:25-6:10 AM Ashley		5:25-6:10 AM Joe		
11:30-12:15 PM Kristy	12:10-12:55 PM Bonnie		12:10-12:55 PM Lindsay	12:10-12:55 PM Al	
5:30-6:15 PM Dixie		5:30-6:15 PM Kristy			

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
	Muscle Works & Core 5:30-6:30 AM Nancy	Core 6:15-6:30 AM Tracey		Muscle Works 5:30-6:15 AM Tracey							
Stretch & Relax 7:30-8:00 AM Denise		Stretch & Relax 7:30-8:00 AM Robin		Stretch & Relax 7:30-8:00 AM Tracey	Step 7:45-8:30 AM Chris N.						
Beginner Step 8:05-8:35 AM Denise		Beginner Step 8:05-8:35 AM Robin		Beginner Step 8:05-8:35 AM Tracey							
Zumba Gold® 9:00-9:45 AM Shiho	Yoga 9:20-10:20 AM Brenda	Zumba Gold® 9:00-9:45 AM Amy V.	Yoga 9:20-10:20 AM Bonnie	Zumba Gold® 9:00-9:45 AM Amy V.	Yoga 9:20-10:20 AM Team						
Body Barre 10:30-11:15 AM Bonnie	Mat Pilates 10:30-11:15 AM Bonnie	Hula Hoop 10:00-10:30 AM Shiho	Kids Fit N' Fun 10:30-11:00 AM Lindsay	Yoga 10:30-11:30 AM Brenda							
	BODYPUMP® EXP 11:30-12:15 PM Tracey		BODYPUMP® EXP 11:30-12:15 PM Amy B./Amy V.		SUNDAY						
Mat Pilates 12:10-12:55 PM Bonnie		Yoga 12:20-1:05 PM Amy V.		Mat Pilates 12:20-1:05 PM Bonnie	Yoga 9:20-10:20 AM Carla						
PiYo Live!® 4:30-5:15 PM Denise	Body Barre 5:00-5:25 PM Katie		BODYPUMP® 4:30-5:25 PM Tracey		Format Legend <table border="1" style="width: 100%;"> <tr> <td>Cardio</td> <td>Dance</td> </tr> <tr> <td>Mind/Body & Pilates</td> <td>Silver Sneakers</td> </tr> <tr> <td>Strength</td> <td>Specialty Format</td> </tr> </table>	Cardio	Dance	Mind/Body & Pilates	Silver Sneakers	Strength	Specialty Format
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Mind/Body & Pilates	Silver Sneakers										
Strength	Specialty Format										
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Yoga 6:30-7:30 PM Leslie	Bellyfit® 6:30-7:30 PM Shari	Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill							

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling 5:25-6:10 AM Yvette	Cycling 5:25-6:10 AM Tracey		Cycling 5:25-6:10 AM Brad	
Cycling 12:10-12:55 PM Jeff		Cycling 12:10-12:55 PM Al			Cycling 7:30-8:15 AM Staff/Vikki
Cycling 5:30-6:15 PM Bob		Cycling 5:30-6:15 PM Ryan	Endurance Cycling 5:30-6:35 PM Bob		