

August

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.

Look for room changes and new classes coming in September!

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	Brenda <small>*see description for location</small>
Wed	5:25-6:10	AM	Tracey
	12:10-12:55	PM	Al
	5:30-6:15	PM	Kendra
Fri	5:25-6:10	AM	Brad

TRX® Suspension Training®			
Mon	11:30-12:15	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


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
Saturday	8:00 AM-12:00 PM

Fitness Classroom					
Monday	5:25-6:10	AM	Morning Madness	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 N	
	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		PM	BODYPUMP® EXPRESS	Tracey	
5:00-5:25		PM	Power Barre	Katie	
5:30-6:15		PM	Zumba®	Amy	
6:30-7:30		PM	Bellyfit®	Shari	
6:15-6:30		AM	Core	Tracey	
7:30-8:00		AM	Stretch & Relax	Kelly	
8:05-8:35		AM	Beginner Step	Kelly	
Wednesday	9:20-10:20	AM	MuscleWorks & Core	Nancy	
	11:30-12:15	PM	Yoga	Amy	
	5:30-6:30	PM	Yoga	Angela	
	6:30-7:30	PM	Tai Chi	Bill	
	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	
	5:30-6:15	AM	MuscleWorks	Tracey	
	7:30-8:00	AM	Stretch & Relax	Tracey	
	8:05-8:35	AM	Beginner Step	Tracey	
Friday	9:20-10:20	AM	Yoga	Brenda/Sandy	
	11:30-12:15	PM	MuscleWorks	Janet	
	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
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/Sue
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	Chris N
Wednesday	5:30-6:25	PM	BODYPUMP®	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
	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
	6:45-7:30	PM	BODYPUMP® EXPRESS	Dan
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	Jacki
	12:20-12:55	PM	Kettlebell Strength	Chris S.
Friday	5:30-6:20	PM	Insanity Live!®	Jessi
	8:10-8:55	AM	SilverSneakers® Classic	Jeff/Bonnie
	9:05-9:50	AM	Zumba Gold®	Amy
	12:20-1:00	PM	Zumba®	Char
	1:35-2:20	PM	SilverSneakers® Classic	Shiho
Sat	9:05-9:50	AM	Step	Chris N
	9:50-10:05	AM	Core	Chris N
Sun	8:00-8:45	AM	Step	Tracey
	9:00-9:55	AM	BODYPUMP®	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.

ALL outdoor classes are open to eligible non-Rec Center members! Non-Members must stop at the front desk before attending each class. 7/24/18 Effective 8/1/18

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  Brenda <small>*see description for location</small>
Wed	5:25-6:10	AM	Tracey
	12:10-12:55	PM	Al
	5:30-6:15	PM	Ryan
Fri	5:25-6:10	AM	Brad

TRX® Suspension Training®			
Mon	11:30-12:15	PM	Kristy
	5:30-6:15	PM	Dixie
Tue	5:25-6:10	AM	Ashley
	12:10-12:55	PM	HardCore Bonnie
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Fitness Classroom			
Monday	7:30-8:00	AM Stretch & Relax	Robin
	8:05-8:35	AM Beginner Step	Robin
	9:00-9:45	AM Zumba Gold®	Time/Room Change Shiho
	10:30-11:15	AM Body Barre	Bonnie
	12:10-12:55	PM Mat Pilates	Bonnie
	4:30-5:15	PM Piyo Live!®	New Time Denise
Tuesday	5:30-6:20	PM MuscleWorks & Core	Nancy
	6:30-7:30	PM Yoga	Leslie
	5:30-6:30	AM MuscleWorks & Core	Nancy
	9:20-10:20	AM Yoga 	Brenda/Angela
	10:30-11:15	AM Mat Pilates	Bonnie
	11:30-12:15	PM BODYPUMP® EXP	Tracey
Wednesday	5:00-5:25	PM Power Barre	Katie
	5:30-6:15	PM Zumba®	Amy
	6:30-7:30	PM Bellyfit®	Shari
	6:15-6:30	AM Core	Tracey
	7:30-8:00	AM Stretch & Relax	Kelly
	8:05-8:35	AM Beginner Step	Kelly
Thursday	9:00-9:45	AM Zumba Gold®	Time/Room Change Amy
	10:00-10:30	AM Hula Hoop	Room Change Shiho
	11:30-12:15	PM Yoga 	Amy
	5:30-6:30	PM Yoga	Angela
	6:30-7:30	PM Tai Chi	Bill
	9:20-10:20	AM Yoga	Bonnie/Sandy
Friday	10:30-11:00	AM Kids Fit 'N Fun	Lindsay
	11:30-12:15	PM BODYPUMP® EXP	New Time Amy
	12:20-1:00	PM Step	Katie
	4:30-5:25	PM BODYPUMP®	New Time Tracey
	5:30-6:15	AM MuscleWorks	Tracey
	7:30-8:00	AM Stretch & Relax	Tracey
Saturday	8:05-8:35	AM Beginner Step	Tracey
	9:00-9:45	AM Zumba Gold®	Time/Room Change Amy
	10:30-11:30	AM Yoga 	Time Change Brenda/Sandy
	12:20-1:05	PM Mat Pilates	Bonnie
	6:30-7:30	PM Tai Chi	Bill
	7:45-8:30	AM Step	Time/Room Change Chris N. Staff
Sun	9:20-10:20	AM Yoga	Carla

High Court			
Monday	5:25-6:10	AM Morning Madness	Brad
	8:10-8:55	AM SilverSneakers® Classic	*see description for location Vikki
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10:30-11:15		AM Zumba®	Char
1:35-2:20		PM SilverSneakers® Classic	Jamie/Kendra
5:30-6:30		PM F.A.S.T. & Core	Dixie
8:10-8:55		AM SilverSneakers® Circuit	Robin/Dixie
Thursday	9:10-9:55	AM SilverSneakers® Yoga	Angela
	10:00-10:30	AM Balance Barre	Jacki
	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/Ryan
	9:20-10:20	AM MuscleWorks & Core	Time/Room Change Janet
Friday	10:30-11:15	AM Step	New Time Tracey
	12:20-1:00	PM Zumba®	Char
	1:35-2:20	PM SilverSneakers® Classic	Shiho
	8:30-9:30	AM MuscleWorks & Core	Time/Room Change Deb
	8:00-8:45	AM Step	Tracey
	9:00-9:55	AM BODYPUMP®	Tracey
Sun	4:00-4:45	PM Zumba®	Shiho

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ALL outdoor classes are open to eligible non-Rec Center members! Non-Members must stop at the front desk before attending each class.

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.

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.

BODYPUMP® (All Levels) This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music. Come at least 5 minutes prior to class to set up.

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.

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.

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.