

Rockwell Collins Recreation Center - Group Fitness Class Schedule

February

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
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	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!®	Yvette
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
Wednesday	5:00-5:25 PM Power Barre	Katie
	5:30-6:15 PM Zumba®	Amy
	6:15-6:30 AM Core	Tracey
	7:30-8:00 AM Stretch & Relax	Robin/Kelly
	8:05-8:35 AM Beginner Step	Robin/Kelly
	9:20-10:20 AM MuscleWorks & Core	Nancy
	12:00-12:45 PM Yoga	Amy
Thursday	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
	12:20-1:00 PM Step	Katie W
	4:30-5:15 PM MuscleWorks	Tracey
Friday	5:30-6:15 PM Build & Burn	Janet
	6:15-6:30 PM Core	Janet
	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
Sat	12:20-1:05 PM Mat Pilates	Bonnie
	6:30-7:30 PM Tai Chi	Bill
	8:05-9:05 AM MuscleWorks & Core	Deb
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	
Tuesday	1:35-2:20 PM SilverSneakers® Classic	Lindsay	
	5:30-6:15 PM Kettlebell Kick	Ashley	
	8:10-8:55 AM SilverSneakers® Circuit	Tracey	
	9:10-9:55 AM SilverSneakers® Yoga	Tracey	
Wednesday	10:30-11:15 AM Drum Fit & Stretch 6 Week Class!	Heidi	
	12:20-1:00 PM Step	Tracey	
	5:30-6:15 PM Metabolic Blast	Jessi	
	6:15-6:30 PM Core	Jessi	
Thursday	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	
	8:10-8:55 AM SilverSneakers® Circuit	Robin/Dixie	
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	
Sunday	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	
Sun	9:05-9:50 AM Step	Chris N	
	9:50-10:05 AM Core	Chris N	
Sun	8:15-9:00 AM Step	Tracey	
	9:05-9:50 AM MuscleWorks	Tracey	
Sun	4:00-4:45 PM Zumba®	Shiho	

**Rockwell
Collins**
Recreation Center

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

Revised 1/23/18 Effective 2/1/2018

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.

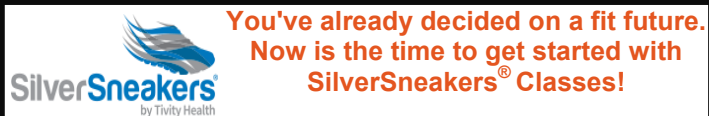
Athletic Edge (Intermediate to Advanced) A 75-minute class that will improve your cardiovascular fitness. The class is designed for runners, cyclists and triathletes. Class focuses on training variables to improve your fitness and performance. Class meets under the mezzanine outside the cycling room.

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.

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. Format changes week to week and uses dumbbells, glider discs, steps and body-weight exercises for diversity in your 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 to increase flexibility. Space is limited to 19 people. Offered 2/6 - 3/13/2018

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 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 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.

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 (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 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.

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. Easy to modify to get the workout you want!

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.