

Cedar Falls Rec Center Group Exercise Schedule January–April 2019

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MULTI PURPOSE ROOM	5:15 am	Rock On! 1/2 Class (5:50–6:15) Megan S.	Pilates (5:30–6) Cindy	Body Blast Cindy	Pilates (5:30–6) Cindy	Body Blast Kristin		
	6 am		Chisel (30 Minutes) Cindy		Chisel (30 Minutes) Cindy			
	8 am		Stretch Yoga Gina		Stretch Yoga Gina			
	9 am	Yoga MJ		Yoga Jess		Yoga Carol		
	10 am	Pilates/Barre Marina		Pilates Ann		Barre Megan S.		
	11 am	Simply Stretch (30 Minutes) Megan S.		Simply Stretch (30 Minutes) Megan S.		Simply Stretch (30 Minutes) Megan S.		
	12:15 pm	Lunchtime Yoga (30 Minutes) Erin		Yoga Nidra (30 Minutes) Jess				
	2:15 pm			Yoga for Kids! Jess (1/16–2/20)				
	4:30 pm		Barre Megan S.		Barre Megan S.			
	5 pm	Chisel (30 Minutes) Summer		Chisel (30 Minutes) Lindsay				
5:30 pm	Yoga Marjorie	Pound (30 Minutes) Ashley H.	Yoga Lindsay	Zumba® MJ				
FIT GYM	5:15 am	Body Blast Cindy		Rock On! Shelly		Rock On! Megan S.		
	8 am	Low Impact Aerobics Kim		Low Impact Aerobics Kim		Low Impact Aerobics Kim		
	9 am	Body Blast Kim	Chisel Sarah	Body Blast Ann	Chisel Sarah	Body Blast Megan S.	Chisel (9:15) Lindsay	
	10 am	Zumba® Brooke	Cardio Express (30 Minutes) Helen	Zumba® Brooke	Cardio Express (30 Minutes) Helen			
	4:00 pm							Zumba® Mary
	4:30 pm	Body Blast Helen	TRX Trained Helen	Body Blast Helen	TRX Trained Helen			
	5:30 pm	HIIT & Kick Cindy	Powerhouse Megan S.	HIIT & Kick Cindy	Powerhouse Megan S.			
CYCLING ROOM	5:15 am	Rock On Cycling! Megan S.	Cycling Jane C.		Cycling Jane C.			
	8 am	Cycling Lana		Cycling Lana		Cycling Lana	Cycling (8:30) Lindsay	
	9 am	Energize Cycle Tanya	Cycling Nancy	Energize Cycle Tanya	Cycling Nancy		Cycling (9:30) Staci	
	4:30 pm	Cycling (30 Minutes) Summer		Cycling (30 Minutes) Lindsay				
	5:30 pm		Cycling Staci		Cycling Staci			
WEIGHT ROOM	4:30 pm		Circuit Weights Jane T.		Circuit Weights Jane T.			

**All classes are 50 minutes in time unless otherwise noted.*

Memorial Day–Labor Day
Mon.–Thurs. 5 am–9:30 pm
Fri. 5 am–8 pm
Sat. 7 am–2 pm
Sun. 1 pm–4 pm

Rec Center Hours:
Fall, Winter, Spring
Mon.–Fri. 5 am–9:30 pm
Sat. 7 am–8 pm
Sun. 11:30 am–8 pm

Closed for Holidays
Christmas Eve Closing at 4 pm
Christmas Day
New Year's Eve Closing at 4 pm
New Year's Day
Easter Day
Memorial Day
Independence Day
Labor Day
Thanksgiving Day Open from 7:30–10:30 am

Child Care Hours:
Mon.–Fri. 8:45 am–11 am | Mon.–Thurs. 4 pm–7:30 pm

Classes in **ORANGE** are programs requiring additional cost.
All classes are subject to change based on attendance level.
Classes highlighted in **YELLOW** are new!

In order to provide our clients with the best possible experience at our facility, the Cedar Falls Recreation Center is proud to hire and train the most qualified fitness instructors for all of our classes based on, but not limited to; their certifications (preferred, but not required), their teaching background, experience, the instructor's personality, their availability to teach the majority of the classes during the time/days, ability to help participants modify an exercise and how all these fit or match the individual and the expressed needs of the participants in each class. We welcome your feedback to let us know how we are doing. Class availability may depend on number of participants signed up on the first of each month. The Rec Center holds the right to cancel any class at any time with less than seven participants for two consecutive weeks or any class that does not have enough pre-registered participants.

CEDAR FALLS REC CENTER FITNESS CLASSES

FEES:

\$96 4-Month Pass / **\$48** with Rec Center Membership

\$35 1-Month Pass / **\$30** with Rec Center Membership

\$5 Daily pass may be purchased

This allows you a one-time tryout for any of the fitness pass classes.

Several Classes are **pre-registered** (highlighted in orange on the schedule) and you must sign up at the front desk—these classes are an additional cost and it is noted on the description. A fitness pass is not required to sign up for these classes.



4-month or 1-month fitness pass is available.

Session 1: January–April

Session 2: May–August

Session 3: September–December

A fitness pass permits your unlimited usage to any fitness class that does not require pre-registration.

A Recreation Center facility membership is not needed to purchase a fitness pass.

PRE-REGISTERED CLASSES

Rock On! Extreme Class for Extreme Results!

Classes include Cycling, Core Work, Boot Camp, Strength & Kick Boxing.

\$52/month—1/2 price with membership or fitness pass

Circuit Weight Classes

Build muscle strength, definition and endurance on strength training equipment. This is the perfect class for those looking to improve and maintain bone density. All fitness levels welcome!

Prerequisite: Circuit weight orientation with a personal trainer; new registrants only.

\$28/month—1/2 price with membership or fitness pass

Yoga for Kids! (Ages 7–12) Wednesdays 1/16–2/20

Provides a playful, creative, and fun environment to learn yoga poses, breath work, and visualization to move energy through the body, as well as calming the mind. This is a perfect activity for kids to attend each Wednesday during those early-out days!

\$30—6 week session



FITNESS CLASSES

Barre—All Levels

This class combines pilates, yoga and ballet to give you lean, sculpted muscles without impact! Barre is based on ballet's high rep principles to increase muscle strength and endurance while improving your mind-body connection.

Body Blast—Intermediate Level

A combination of cardio and strength training exercises will raise your heart rate and kick start your metabolism! This class incorporates all essentials into one powerful workout.

Cardio Express—All Levels

A half hour of heart-rate-raising cardio that can be scaled up or down to match your needs.

Chisel—All Levels

All the best strength training and muscle toning exercises rolled into one burner of a class. We use BOSU balls, stability balls, TRX Suspension Trainers, dumbbells, body bars, resistance bands and glide discs for a full body workout.



Cycling—All Levels

An intense but low impact aerobics class on a spinning bike set to great music and guaranteed to burn calories! First come first serve.

Energize Cycle—All Levels

Low impact on your joints, fast pace interval training with upbeat music to help you push harder and go faster. Soft lighting to help focus with individual cycling goals.

HIIT & Kick—All Levels

This workout combines high intensity interval training and kickboxing for a full body workout. Your instructor will design your workouts with multiple levels of intensity to allow you to work to the best of your own personal ability. Challenge yourself! Please remember to bring your kickboxing gloves.

Low Impact Aerobics—All Levels

This low impact class will safely increase all areas of fitness for the beginner or those looking for an “easy on the joints” workout. This class uses steps, hand weights, mats, tubes, stability balls, weighted bars and glide discs.

Pound*—All Levels

Transform drumming into a workout combining cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is modifiable for all ages and abilities.

Powerhouse—All Levels

You want tough, gritty lifting sessions? Powerhouse is your answer. Build muscle strength and definition using the most current weight lifting principles including: progressive overload technique, “running the rack” and super sets. Your body will adapt to the constant challenges by getting leaner and stronger.

Simply Stretch—All Levels

Stretching is an important component to your overall well-being. Stretching increases flexibility and range of motion and helps prevent injury and muscle soreness. It also helps improve posture and is a great stress reliever! Finish your mornings with a 30 minute stretch class!

TRX Trained—All Levels

Strength training using the TRX Suspension training system will challenge and improve our strength, balance and flexibility. Make your body your machine!

Yoga/Pilates—All Levels

Improve flexibility, core strength and muscle endurance in our yoga & pilates classes.

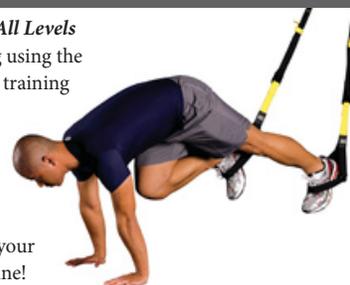
Yoga Nidra—All Levels

Yoga Nidra provides gentle, restorative yoga poses with a majority of the class in supported “Savasana” with guided visualization and body scanning. This class is helpful for stress reduction, insomnia, fatigue, depression, and anxiety as well as general well-being. Just 30 minutes of Yoga Nidra is equivalent to a 2-hour nap!

**Recommended materials: Blanket/pillow for comfort

Zumba® Fitness—All Levels

Dance your way to a fitter you! New, exciting and unique Latin dance moves that target every muscle group. A total body workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



⌚ EXPRESS CLASSES

These classes are designed for all fitness levels and are a great way to fit a quick, but challenging, workout into your busy day!

Cardio Express • Chisel • Cycling • Lunchtime Yoga • Pound • Simply Stretch See above for class descriptions.