

Cedar Falls Rec Center Group Exercise Schedule January-April 2020

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MULTI PURPOSE ROOM	5:15 am	XFIT 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	Tai Chi for Health Erin	Yoga Jess	Tai Chi for Health Erin	Yoga Carol		
	10 am	Pilates/Barre Marina		Pilates Ann		Barre Megan S.		
	11 am	Simply Stretch (30 Min.) Megan S.		Simply Stretch (30 Min.) Megan S.		Simply Stretch Megan S.		
	12:15 pm			Yoga Restore Jess				
	4:30 pm		Barre Megan S.		Barre Megan S.			
	5 pm	Chisel (30 Min.) Summer		Chisel (30 Min.) Sarah				
	5:30 pm	Yoga Sam		Yoga Sam				
FIT GYM	5:15 am	Body Blast Cindy		XFIT Shelly		XFIT Megan S.		
	7:30 am	Balance (30 Minutes) Kim		Balance (30 Minutes) Kim				
	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) (30 Min.) Lindsay	
	10 am	Zumba® Gold Carol	Cardio Express (30 Minutes) Helen	Zumba® Gold Carol	Cardio Express (30 Minutes) Helen			
	4:30 pm	Body Blast Helen		Body Blast Helen				Zumba® / Toning (4:00) Mary
	5:30 pm	HIIT & Kick Cindy	Powerhouse Megan S.	HIIT & Kick Cindy	Powerhouse Megan S.			
CYCLING STUDIO	5:15 am	XFIT 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) Megan S. / Nikki	
	4:30 pm	Cycling (30 Min.) Summer		Cycling (30 Min.) Nikki				
	5:30 pm		Cycling Staci		Cycling Staci			
WEIGHT ROOM	4:30 pm		Circuit Weights Kristy		Circuit Weights Kristy			

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

****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.**

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

Classes highlighted in YELLOW ARE NEW!

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

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

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

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.

CEDAR FALLS REC CENTER FITNESS CLASSES

PRE-REGISTERED CLASSES

Our pre-registered classes are a great way to help you reach your personal goals! The classes listed below are an additional cost (noted in the descriptions). You must sign up prior to attending these classes. A membership is not required to register.

Rec XFIT Extreme Class for Extreme Results!

XFIT is the Rec's extreme group exercise fitness class taught by two of the areas' top, nationally certified personal trainers. Classes include cycling, core work, strength/lifting workouts, HIIT training, kickboxing, cardio and body weight circuits. Calorie-torching fun!

\$29/month—Rec Center Members | \$58/month—Non-Members

Circuit Weight Classes All fitness levels welcome!

Build muscle strength, definition and endurance on strength training equipment. This is the perfect class for those looking to improve and maintain bone density. Prerequisite: Circuit weight orientation with a personal trainer; new registrants only.

\$14/month—Rec Center Members | \$28/month—Non-Members

Boxing Bootcamp - 6 week session

Come experience a true boxer's workout using cardio, bag, and pad drills to strengthen and tone your arms, legs, back, core, stamina, and your confidence. Be ready to sweat your way into great shape!

\$30/session—Rec Center Members | \$60/session—Non-Members



GROUP EXERCISE CLASSES

Balance - All Levels

This new half-hour class will feature exercises designed to increase participants' sense of balance and give them the upper hand in their relationship with gravity. The class will involve light to very light strength work with body weight and hand weights, with occasional use of BOSUs (right next to the wall, if desired).

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 - All Levels

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.

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!

Tai Chi for Health - PRE-REGISTERED 8 week session

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility and balance. This is a low-impact, relaxing form of exercise that is ideal for older individuals. Tai Chi focuses on the mental and spiritual aspects of Chinese martial arts integrated into movement. **\$30/session - Rec Center Members
\$60/session - Non-Members**

Yoga/Pilates - All Levels

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

Yoga Restore - All Levels

This mindful movement and relaxation class provides gentle, restorative yoga poses with a majority of the class in supported "Savasana". This class is helpful for stress reduction, insomnia, fatigue, depression, and anxiety as well as general well-being. Just 30 minutes of guided visualization and body scanning is equivalent to a 2-hour nap! **Recommended materials: Blanket/pillow for comfort

Zumba® Gold - Beginner - All Levels

Dance your way to a fitter you! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Perfect for active older adults and beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Come ready to sweat, and prepare to leave empowered and feeling strong!

🕒 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 • Simply Stretch See above for class descriptions.