



AQUA CLASSES - EXERCISE POOL

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Bootcamp 5:15-6:00am Whitney		Aqua Bootcamp 5:15-6:00am Whitney		Aqua Bootcamp 5:15-6:00am Kim		
Aqua Fit 8:30-9:15am Jan	Aqua Fit 8:30-9:15am Colleen	Aqua Fit 8:30-9:15am Marsha	Aqua Fit 8:30-9:15am Jackie	Aqua Fit 8:30-9:15am Rotation	Aqua Combo 8:30-9:15am Rotation	Aqua Bootcamp 8:30-9:15am Staci
Aqua Combo 9:30-10:15am Staci <u>LAP POOL</u>	Aqua Combo 9:30-10:15am Colleen <u>LAP POOL</u>	Aqua Combo 9:30-10:15am Staci <u>LAP POOL</u>	Aqua Combo 9:30-10:15am Colleen <u>LAP POOL</u>	Aqua Combo 9:30-10:15am Susan <u>LAP POOL</u>	Aqua Bootcamp 9:30-10:15am Rotation <u>LAP POOL</u>	
Aqua Fit 11:00-11:45am Jan	Aqua Bootcamp 11:00-11:45am Colleen/ Kristin	Aqua Lite 11:00-11:45am Jan	Aqua Bootcamp 11:00-11:45am Marsha	Aqua Dance 11:00-11:45am Andrea		
	Aqua Wellness 1:00-1:45pm Kristin		Ai Chi 1:15-2:00pm Chelsea			Aqua Bootcamp 1:00-1:45pm Megan/ Whitney
Aqua Bootcamp 4:45-5:30pm Shauna	Gentle Movement 4:45-5:30pm Staci	Ai Chi 4:15-5:00pm Jamie	Aqua Bootcamp 4:45-5:30pm Staci	Family Swim Time 5:00-8:00pm		Family Swim Time 2:00-5:45pm
Aqua Combo 5:45-6:30pm Wil	Aqua Bootcamp 5:45-6:30pm Staci	Aqua Combo 5:45-6:30pm Julie	Aqua Bootcamp 5:45-6:30pm Nicole			

Any time when there is no class being held, it is **OPEN SWIM time**.

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible. Thank you for your understanding.

Aqua Class Descriptions:

Ai Chi: Slow and broad movements focusing on breathing, upper limb movement, trunk stability, lower limb movement, balance and coordinated total body movements. Ai Chi also includes important elements necessary for balance and fall prevention. This class is taught by a physical therapist and is recommended for patients with neurological conditions and arthritis.

Aqua Bootcamp: Intense aqua workout for the whole body. Class will use interval training with/without resistance weights combining strength training with cardiovascular fitness. Participants will also strengthen their core with standing and floating abdominal exercises. *Exercise Intensity: 4-5 Joint Impact: High*

Aqua Combo: Challenging cardio and resistance training class. Incorporates intervals and equipment to build cardio, strength, flexibility and endurance. *Exercise Intensity: 4 Joint Impact: High*

Aqua Dance: Fun music and choreographed exercises designed to get you moving and grooving in this dance inspired class. *Exercise Intensity: 2-4 Joint Impact: Medium-High*

Aqua Fit: Well rounded, moderate intensity class designed to provide a complete workout including cardio, resistance training, abdominal work and stretching. *Exercise Intensity: 2-3 Joint Impact: Low-Medium*

Aqua Lite: Focused aqua class designed to increase flexibility, range of motion, and stability. Pilates like movements are used to improve balance, strengthen core, and stretch the whole body. *Exercise Intensity: 1 Joint Impact: Low*

Aqua Wellness: This water exercise class can help lessen symptoms of neurological disease and is designed to improve balance, flexibility, strength, and walking ability through water's buoyant environment. Water allows the freedom to move and exercise with more ease and less pain. *Exercise Intensity: 1 Joint Impact: Low*

Gentle Movement: Focus is to complete slow, gentle, big range of motion movements for upper and lower extremities to regain strength, active movement, core strength and balance. Exercises will assist with healthy lymphatic drainage/swelling reduction while learning safe exercise techniques. *Exercise Intensity: 1 Joint Impact: Low*



*The pool closes 15 minutes before the center for routine maintenance.

www.mercyhealthfitness.com

12493 University Avenue, Clive, Iowa 50325 - (515) 226-9622

Center Hours*

Monday – Friday
4:30 a.m. – 9:00 p.m.

Saturday
6:00 a.m. – 6:00 p.m.

Sunday
8:00 a.m. – 6:00 p.m.



CARDIO & STRENGTH CLASSES

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Strength 5:15-6:00am Hollie	BODYPUMP Express 5:15-6:00am Gretchen	Cardio Strength 5:15-6:00am Laura	BODYPUMP Express 5:15-6:00am Hollie	Cardio Strength 5:15-6:00am Christine	
Heart Health 9:00-9:30am Fitness S.		Heart Health 9:00-9:30am Fitness S.		Heart Health 9:00-9:30am Fitness S.	BODYPUMP 8:30-9:30AM Rotation
Cardio Strength 9:35-10:20am Michelle R.				Cardio Strength 9:35-10:20am Lesa	
Active Adults 10:30-11:20am Lesa	Active Adults 10:30-11:00am Angel	Active Adults 10:30-11:20am Kristin	Active Adults 10:30-11:00am Lesa	Active Adults 10:30-11:20am Rotation	Zumba 10:30-11:20am Rotation
	Zumba 11:00-11:30am Angel		Zumba Gold 11:00-11:30am Lesa		
Cardio Strength 12:00-12:45pm Lesa		BODYPUMP Express 12:00-12:45pm Angel		BODYPUMP Express 12:00-12:45pm Monica	
Delay the Disease 1:00-2:00pm LaDona/Jennifer		Delay the Disease 1:00-2:00pm LaDona/Jennifer	Cardio Wellness 1:00-1:45pm Rotation		
BODYPUMP Express 5:00-5:45pm Monica		BODYPUMP Express 5:00-5:45pm Monica			
	Cardio Strength 5:30-6:15pm Rotation		Cardio Strength 5:30-6:15pm Chantelle		
Step & Core 5:55-6:40pm Ann		Zumba 5:55-6:40pm Jessica			

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Cardio & Strength Class Descriptions:

Active Adults: Moderate intensity, low impact class that uses a variety of fitness formats to build strength, cardiovascular fitness, balance and flexibility. All fitness levels and abilities are welcome! *Class intensity: Low to Moderate.*

BODYPUMP & BODYPUMP Express: Barbell workout for anyone looking to get lean, toned and fit! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It challenges all of your major muscle groups while you squat, press, lift and curl to chart-topping music! BODYPUMP Express is the condensed version of BODYPUMP and focuses on 8 Les Mills BODYPUMP tracks. This class is great for men and women of all fitness levels. *Class intensity: Moderate to High.*

Cardio Strength: Cardiovascular exercises are mixed with strength and resistance work. This class combines interval and circuit training and uses a variety of equipment or just body weight. All fitness levels and abilities are welcome. *Class intensity: High.*

Heart Health: Reduce your risk of cardiovascular disease by improving your strength, balance and flexibility. All fitness levels and abilities welcome. *Class intensity: Low.*

Cardio Wellness: This class focuses on higher intensity exercise for individuals with neurological disorders. A variety of class formats will be offered: Music & Movement, Boxing for PD, circuit training, TRX, cardio & core. Participants need to be assessed by a fitness specialist prior to participation and need to be able to stand and walk without a cane or other assistive device AND must be able to get down to and up from the ground without assistance. *Class intensity: Low to moderate.*

Delay the Disease: This exercise program is designed specifically to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. The Delay the Disease functional movement program helps decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Individuals with other neurological conditions are also welcome to join this class. *Class intensity: Low.*

Step & Core: A combination of traditional choreographed step moves along with athletic intervals. Class will end with core work: training the abs, obliques and glutes. *Class intensity: Moderate to High.*

Zumba: Dance-fitness class with Latin flavor and international zest combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. The class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. *Class intensity: Moderate to High.*

Zumba Gold: A modified Zumba® class that recreates the original moves at a lower-intensity. Suitable for beginners, active adults and for those who want to take Zumba at an easier pace. *Class intensity: Low to Moderate.*



HEALTH &
FITNESS CENTER



INDOOR CYCLE CLASSES

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle 5:15-6:00am Tracy		Cycle 5:15-6:00am Tracy			
Cycle 6:15-7:00am Lesa		Cycle 6:15-7:00am Lyne			Cycle 7:00-7:45am Rotation	
Cycle 9:00-9:45am Michael		Cycle & Weights 9:00-9:45am Michael H.		Cycle 9:00-9:45am Tommy	Cycle 9:00-10:00am Kris	Cycle 9:00-10:00am Sue
	Cycle Express 12:00-12:30pm Kris		Cycle Express 12:00-12:30pm Michael			
				Cycle Wellness 1:00-1:45pm Kris		
Cycle 5:15-6:00pm Chantelle		Cycle 5:15-6:00pm Tommy				
	Cycle 5:45-6:30pm Sue					
		Cycle with Dr. Deming 6:45-7:30pm				

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible. Thank you for your understanding.

Cycle Class Descriptions:

Cycle: Explore the different venues of cycle: endurance, hills and drills, speed work, power, intervals, etc. Each class is a new adventure that will challenge you while having fun at the same time. This class offers a combination of strength and endurance training and is a great cardiovascular workout. All levels are welcome.

Cycle Express: A 30-minute class that includes a variety of drills and provides a great cardiovascular workout. All levels welcome.

Cycle & Weights: Working on and off the bike, combine cardio and strength training to give you a complete workout. All levels welcome. *Please wear regular sneakers for this class, not cycling shoes.*

Cycle Wellness: This class is designed to assist individuals with neurological disorders participate in a cycling activity to improve overall wellness. The class focuses on cycling at higher RPMs to achieve these goals. This focus is based on evidence-based studies that note that this type of activity can assist in reducing the symptoms of Parkinson's disease. A variety of cycling drills include a mix of rolling hills as well as fun and friendly 'team' activities. Assistance is provided for participants in adjusting bike settings to accommodate specific needs.

Cycle with Dr. Deming: Enjoy fellowship and a rousing aerobic workout with high energy and great music. The class is taught by Dr. Dick Deming as part of the Above + Beyond Cancer survivorship program but is open to anyone.



Center Hours

Monday – Friday
4:30 a.m. – 9:00p.m.

Saturday
6:00a.m. – 6:00 p.m.

Sunday
8:00a.m. – 6:00 p.m.

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MIND & BODY CLASSES

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning Yoga 6:15-7:00am Faith		Morning Yoga 6:15-7:00am Ashley			
Mat Pilates 8:15-9:00am Noelle						
		Tai Chi for Balance 9:00-10:00am Becky	Yin Yoga 9:30-10:15am Teri		Yoga Barre 9:30-10:30am Colleen	
SomaYoga 10:30-11:30am Colleen	Gentle Yoga 10:30-11:30am Teri	Chair Yoga 10:30-11:30am Jill	Gentle Yoga 10:30-11:30am Teri	SomaYoga 10:30-11:30am Colleen		Gentle Yoga 10:30-11:30am Jill
Barre 12:00-12:45pm Ashley	Yin Yoga 11:45-12:45pm Teri	Yoga 12:00-12:45pm Colleen	Barre 12:00-12:45pm Colleen			
Restorative Yoga 1:00-2:00pm Paul	Tai Chi for Balance 1:00-2:00pm Becky	Restorative Yoga 1:00-2:00pm Paul				
Chair Yoga 2:15-3:15pm Paul						
Yin Yoga 6:15-7:00pm Chantelle	Gentle Yoga 5:30-6:30pm Jill	Mat Pilates 5:45-6:45pm Noelle	Power Yoga 5:30-6:15pm Lesa			

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Mind & Body Class Descriptions:

Barre: An invigorating complete body workout fusing yoga, ballet and Pilates to create a strong core and sculpted lean muscles. All levels are welcome!

Chair Yoga: A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

Gentle Yoga: A slower, gentler yoga class combining breath with movement using poses designed to improve strength, flexibility and balance in body, mind and spirit. Props make this practice accessible to all levels.

Mat Pilates: Pilates mat is a low impact, full body workout with an emphasis on alignment, breathing, core work, and improving coordination and balance. Pilates helps improve flexibility and builds functional strength and endurance in the entire body.

Morning Yoga: Gradually wake your body up while stretching and strengthening your muscles in the process. A combination of vinyasa and hatha yoga, explore sun salutations, standing poses, balancing postures, seated and reclining poses, back-bends and core isolation while focusing on breath and alignment of the posture. All levels welcome.

Power Yoga: Power Yoga is a fitness-based vinyasa practice. This is an intense workout that will make you sweat. Benefits include building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

Restorative Yoga: A less intense yoga practice moving at a slow and steady pace. This consists of using props (blocks, blankets, straps) to support oneself in poses and the poses are held for several minutes. Restorative yoga has a special emphasis on relaxing. Most of the class is done down on a mat. Restorative yoga is appropriate for all levels.

SomaYoga: SomaYoga uses a blend of Therapeutic Yoga, Classic Postures, and Somatics. Slow, small, gentle movements lead into larger postures with increased awareness of the trunk and core to help reduce chronic tension and pain and increase movement.

Tai Chi for Balance: This program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and prevent falls.

Yin Yoga: Slow, meditative style of yoga cultivating stillness in the body and in the mind. Postures are mostly seated and are held for longer periods of time to allow you to move beyond muscle and into connective tissues; increasing circulation in the joints and improving flexibility. Props make this practice accessible to all levels.

Yoga Barre: Yoga class meets barre workout for the ultimate fitness experience. This intense, but easy to follow class is a total body workout combining yoga, Pilates and ballet inspired moves to target smaller muscle groups and lengthen your body. Our yoga barre class will have your muscles burning, your booty lifted and balance challenged!

