

# Group Exercise Schedule - October

## **Monday**

5:15am Aqua Bootcamp-Whitney  
 5:15am Cardio Strength-Hollie  
 6:15am Cycle-Lesa  
 8:30am Aqua Fit-Jan  
 8:45am Mat Pilates-Fallon  
 9:00am Heart Health-Fitness S. (30)  
 9:00am Cycle-Michael  
 9:30am Aqua Combo-Staci (LP)  
 9:35am Cardio Strength-Michelle R.  
 10:30am SomaYoga-Colleen (60)  
 10:30am Active Adults-Lesa  
 11:00am Aqua Fit-Jan  
 Noon Barre-Ashley  
 Noon Cardio Strength-Lesa  
 1:00pm Restorative Yoga-Paul (60)  
 1:00pm Delay the Disease-LaD/Jen (60)  
 2:15pm Chair Yoga-Paul (60)  
 4:45pm Aqua Bootcamp-Shauna  
 5:00pm BodyPump Express-Monica  
 5:15pm Cycle-Chantelle  
 5:45pm Aqua Combo-Nicole  
 5:55pm Step & Core-Ann  
 6:15pm Yin Yoga-Chantelle

## **Tuesday**

5:15am Cycle-Tracy  
 5:15am BodyPump Express-Gretchen  
 6:15am Morning Yoga-Faith  
 8:30am Aqua Fit-Colleen  
 9:30am Yoga Barre Lite-Fallon  
 9:30am Aqua Combo-Colleen (LP)  
 10:30am Gentle Yoga-Fallon (60)  
 10:30am Active Adults-Angel (30)  
 11:00am Zumba-Angel (30)  
 11:00am Aqua Bootcamp-Colleen  
 Noon Yoga Pilates-Carissa  
 Noon Cycle Express-Kris (30)  
 1:00pm Aqua Wellness-Kristin  
 1:00pm TaiChi For Balance- Becky (60)  
 4:45pm Gentle Movement- Rotation  
 5:30pm Cardio Strength-Carissa  
 5:30pm Gentle Yoga-Lyne (60)  
 5:45pm Cycle-Sue  
 5:45pm Aqua Bootcamp-Wil

## **Wednesday**

5:15am Aqua Bootcamp-Wil  
 5:15am Cardio Strength-Laura  
 5:15am Cycle-Lyne  
 8:30am Aqua Fit-Carissa  
 9:00am Heart Health-Fitness S. (30)  
 9:00am Tai Chi For Balance-Becky (60)  
 9:30am Aqua Combo-Staci (LP)  
 9:35am Cardio Strength-Lesa.  
 10:30am Chair Yoga-Paul (60)  
 10:30am Active Adults-Kristin  
 11:00am Aqua Lite-Jan  
 Noon Yoga-Colleen  
 Noon BodyPump Express-Lesa  
 1:00pm Restorative Yoga-Paul (60)  
 1:00pm Delay the Disease-LaD/Jen (60)  
 5:00pm BodyPump Express- Monica  
 5:15pm Cycle-Kris  
 5:45pm Mat Pilates-Noelle (55)  
 5:45pm Aqua Combo-Julie  
 5:55pm Zumba-Olga  
 6:50pm Healing Yoga-Deniece (40)  
 6:55pm Cycle with Dr. Deming

## **Thursday**

5:15am Cycle-Tracy  
 5:15am Bodypump Express-Hollie  
 6:15am Morning Yoga-Ashley  
 8:30am Aqua Fit-Colleen  
 9:30am Yoga Barre Lite-Carissa  
 9:30am Aqua Combo- Colleen (LP)  
 10:30am Gentle Yoga-Fallon (60)  
 10:30am Active Adults-Lesa (30)  
 11:00am Zumba Gold-Lesa (30)  
 11:00am Aqua Fit-Carissa  
 Noon Barre-Colleen  
 Noon Cycle Express-Michael (30)  
 1:15pm Ai Chi-Rotation  
 1:00pm Cardio Wellness-Rotation  
 4:45pm Aqua Bootcamp-Wil  
 5:45pm Yoga Barre-Fallon  
 5:30pm Cardio Strength-Carissa  
 5:45pm Aqua Bootcamp-Whitney

## **Friday**

5:15am Aqua Bootcamp-Kim  
 5:15am HIIT-DaShawn (30)  
 8:30am Aqua Fit-Colleen/Jan  
 9:00am Heart Health-Fitness S. (30)  
 9:00am Cycle & Weights-Michael H.  
 9:30am Aqua Combo-Fallon  
 10:30am Active Adults-Fallon  
 10:30am SomaYoga-Colleen (60)  
 11:00am Aqua Dance-Andrea  
 Noon BodyPump Express- Monica  
 1:00pm Cycle Wellness

## **Saturday**

7:00am Cycle-Rotation  
 8:30am Aqua Combo-Rotation Ex Pool & LP  
 8:30am BodyPump (60)  
 9:00am Cycle-Kris  
 9:30am Yoga Barre-Colleen (60)  
 10:30am Zumba-Angel/Olga (50)

## **Sunday**

8:30am Aqua Bootcamp-Staci  
 9:00am Cycle-Sue  
 10:30am Gentle Yoga- Rotation (60)  
 1:00pm Aqua Bootcamp-Megan/Whitney

ALL CLASSES ARE 45 MINUTES LONG EXCEPT OTHERWISE INDICATED BY ( )

BLUE - Exercise Pool or (LP) - Lap Pool, GREEN - Mind/Body Studio, ORANGE - Aerobics Studio, PURPLE - Cycling Studio

The Group Exercise Schedule is consistently revised and evaluated for success. Many factors are taken into consideration to ensure a diverse and cohesive schedule including attendance, instructor availability, overall class offerings, and seasonal demand. MercyOne Health & Fitness Center reserves the right to make any type of change or substitution at any point.

Thank you for your understanding.



NEW CLASS



MercyOne Health & Fitness Center Hours

Monday - Friday 4:30am - 9:00pm

Saturday 6:00am - 6:00pm

Sunday 8:00am - 6:00pm

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

# CLASS DESCRIPTIONS

## AQUA

**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

## CARDIO & STRENGTH

**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.*

## CYCLE

**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 to give you a complete workout. All levels welcome.

**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.

## MIND & BODY

**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.

**Healing Yoga:** This class is designed to engage and educate cancer survivors in a practice to build strength, immunity, confidence, hope, recovery, and manage the treatment of side-effects. Practice includes a combination of gentle, restorative and Hatha Yoga poses which focus on healing the body through slow, deliberate movements or postures. Class is offered through Above And Beyond Cancer and is open to anyone. It is suitable for all levels and modifications are provided for every pose.

**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.

**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.

**Soma Yoga:** Soma Yoga 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!

**Yoga Barre Lite:** Yoga class meets barre workout for the ultimate fitness experience. Yoga Barre Lite is a lower intensity version of our Yoga Barre class. A total body workout combining yoga, Pilates and ballet inspired moves, all performed at a slower pace.

**Yoga Pilates:** This fusion class will help you strengthen your powerhouse (abs, low back and pelvic muscles) that can lead to improved posture, body alignment, and stability. You will learn to engage, strengthen, and stabilize core muscles, and