

Group Exercise Schedule November 30 – December 5

	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4	Saturday 12/5
6:15am		Cycle Lyne				
8:30am		Aqua Fit * Jan		Aqua Fit * Jan	Aqua Fit * Colleen/Jan	
9:30am	Gentle Yoga * Lesa	Cardio Strength * Lesa	Yoga * Lesa	Cardio Strength * Carissa	Gentle Yoga * Colleen	Yoga Barre * Colleen
			Aqua Combo (LP) Jan			
10:30am	Active Adults * Lesa	Active Adults * Michelle	Active Adults * Carissa	Active Adults * Jan	Active Adults * Cardio Dance Lite Lesa	
		Chair Yoga * Lesa		Chair/Restorative Yoga * Ashley		
11:00am		Aqua Fit * Jan		Aqua Fit * Carissa		
12:00pm	Barre Ashley		BodyPump/RIP Lesa		BodyPump/RIP Lesa	
1:00pm	Delay the Disease LaDona	Tai Chi for Balance Becky	Delay the Disease Jen			
5:00pm	BodyPump/RIP Monica					
5:30pm	Aqua Bootcamp * Shauna		Aqua Combo * Julie		All classes are 45 minutes long unless noted in ()	

**To attend these classes, you MUST sign up at the member services desk to reserve your spot.*

- GREEN** – Mind/Body Studio – Maximum 12 participants
- ORANGE** – Aerobics Studio – Maximum 17 participants
- PURPLE** – Cycle Studio – Maximum 15 participants
- BLUE** – Exercise Pool – Maximum 10 participants
- BLUE (LP)** – Lap Pool – Maximum 10 participants

MercyOne Health & Fitness Center
 Monday-Thursday: 5:00 am - 8:00 pm
 Friday: 5:00 am - 7:00 pm
 Saturday-Sunday: 8:00 am - 5:00 pm
 12493 University Avenue - Clive, Iowa - 50325 - (515) 226-9622
www.mercyhealthfitness.com

The group exercise schedule will be reviewed on a weekly basis. Classes might be added, and class times and offerings may change. We appreciate your understanding as we work towards creating a new group exercise schedule.

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.

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 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

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

BODYPUMP: Barbell workout for anyone looking to get lean and toned! Using light to moderate weights with lots of repetition, BODYPUMP challenges all of your major muscle groups while you squat, press, lift and curl! 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.

Cardio Dance Lite: Low intensity and easy to follow dance fitness class. All fitness levels and abilities are welcome. Class intensity: Low to Moderate.

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.

Chair / Restorative Yoga: This yoga class will start by practicing poses sitting on a chair, or standing, using a chair for support. The second part of the class will focus on restorative style poses: healing and relaxing by holding poses for longer periods of time with the help of props like blocks, blankets, bolsters, and the chair. Participants will be down on the mat for part of the class.

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.

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.

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.

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

RIP: An endurance barbell workout that incorporates traditional strength training and motivating music. Every movement plane is attacked by featuring safe and functional exercises. Class intensity: Moderate to High.

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.

Yoga: 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.

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!

Zumba Gold: Dance-fitness class with Latin flavor and international zest. Suitable for beginners, active adults and for those who want to take Zumba at lower intensity and an easier pace. Class intensity: Low to Moderate.