

Class Schedule APRIL 19-25

	Monday 4/19	Tuesday 4/20	Wednesday 4/21	Thursday 4/22	Friday 4/23	Saturday 4/24	Sunday 4/25
6:00am		Cycle Tracy					
7:30am		Aqua Fit Jan					
8:15am						Cycle Lyne/Michael	
8:30am		Aqua Fit Jan		Aqua Fit Jan	Aqua Fit Colleen/Jan	Aqua Combo Rotation, EP & LP	
9:30am	Gentle Yoga Colleen	Cardio Strength Lesa	Yoga Lesa	Cardio Strength Fallon	Gentle Yoga Colleen	Yoga Barre Colleen	Yoga Rotation Lesa
	Heart Health (30m) Lesa		Heart Health (30m) Carissa				\$ Cycle 360 3/28-4/25 Fallon
			Aqua Combo (LP) Colleen				
10:00am		Chair Yoga Jill		Chair Yoga Jill			
10:30am	Active Adults Lesa	Active Adults Michelle	Active Adults Carissa	Active Adults Jan	Active Adults Jen		
	\$ Tai Chi 4/5-5/26 Becky		\$ Tai Chi 4/5-5/26 Becky				
	Cycle & Strength Michelle Starts 4/19						
10:45am							\$ Fitness for Golfers 4/11-4/25 Fallon
11:00am		Aqua Fit Jan		Aqua Fit Fallon			
11:30am	Cardio Dance (30m) Lesa						
12:00pm	Barre Ashley		BodyPump/RIP Lesa	\$ Beginner Pilates 4/8-4/29 Fallon	BodyPump/RIP Monica Lesa		
12:15pm	\$ TRX Circuit 4/5-4/26 Sadie						
1:00pm	Delay the Disease LaDona		Delay the Disease Jen				
5:00pm	BodyPump/RIP Monica						
5:30pm	Aqua Bootcamp Shauna	\$ Cardio Boxing 3/30-4/27 Addy	Aqua Combo Sadie				
			Cardio Blast (28) Addy				
6:00pm			Sculpt & Tone (30) Addy				
6:45pm			Cycle with Dr. Deming*			All classes are 45 minutes long unless noted in ()	

Registration is required for ALL classes. Please sign up through our App or on our website.

Group Exercise classes are free, there is a fee for \$ Specialty Classes. Please check program flyers for details.

Light green border indicates Medical Fitness classes. Please read class description and check with instructor for details.

Indicates new class or new class time.

*Contact mary@aboveandbeyondcancer.org to sign up for Cycle with Dr. Deming

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! Barre Lite takes the intensity level down a notch.

Beginner Pilates, \$: Learn the basics of Pilates in a fun and easy way. Strengthen your core, lengthen your muscles, improve your posture and improve body awareness. All levels are welcome. Class intensity: Low.

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 Blast: Get your body moving and your heart pumping and have a blast doing it! Each class offers a different, but always fun, challenge, combining a range of aerobic and body-weight exercises. Intensity level: 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 Boxing, \$: This class is a combination of shadow boxing and hitting the bag and incorporates cardio movements such as jacks, high knees, mountain climbers, burpees, push-ups. Beginner and experienced boxers are welcome. Class intensity: High.

Cardio Dance: 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 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.

Cycle 360, \$: High intensity mixed terrain cycling followed by strength training, core work, flexibility exercises and stretching. Explore Barre, Pilates and Yoga moves. All fitness levels are welcome. Class intensity: Moderate to High.

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 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.

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.

Fitness for Golfers, \$: Learn and practice exercises that warm you up before and cool you down after the game. All fitness levels are welcome. Non-golfers welcome. 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.

Sculp & Tone: Add definition to your physique with higher reps and lower weight. Improve your metabolism, cardiovascular endurance, and muscular strength through a variety of traditional and functional strength training moves. Intensity level: Moderate to High

Tai Chi, \$: Tai Chi for Balance and Fall prevention is proven to be a specific fall-risk reduction exercise program. It combines leg strength, flexibility, range of motion, and reflexes, with the mindfulness and coordination of balance. Class intensity: Low.

TRX Circuit, \$: Class incorporates the TRX suspension trainer and other equipment to exercise the whole body. Focus is on cardio, strength, and flexibility training with a special emphasis on functional movements and core activation. All levels welcome. . Class intensity: Moderate to High.

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!

Location/Participant Capacity

GREEN – Mind/Body Studio – 12

ORANGE – Aerobics Studio – 18

PURPLE – Cycle Studio – 15

BLUE – Exercise Pool – 15

BLUE (LP) – Lap Pool – 10

MercyOne Health & Fitness Center

Monday-Thursday: 5:00am - 8:00pm

Friday: 5:00am - 7:00pm

Saturday-Sunday: 8:00am - 5:00pm

12493 University Avenue, Clive, Iowa 50325

(515) 226-9622

Pool Hours

Monday-Friday: 5:00am - 6:45pm

Saturday: 8:00am - 3:00pm

Sunday: 8:00am - 4:45pm

www.mercyhealthfitness.com