


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	\$ SGT (60) Lesa	\$ SGT (60) Maddie	\$ SGT (60) Lesa	\$ SGT (60) Maddie			
		Cycle Tracy	Slow Flow Yoga Fallon 	Cycle Tracy			
7:30am		Aqua Fit Jan EP & LP					
8:15am						Cycle Lyne/Michael	
8:30am		Aqua Fit Jan EP & LP		Aqua Fit Jan EP & LP	Aqua Fit EP & LP Colleen/Jan	Aqua Combo Rotation, EP & LP	
9:00am		\$ SGT (60) DaShawn		\$ SGT (60) DaShawn			
9:30am	Gentle Yoga Colleen	Cardio Strength Lesa	Yoga Lesa	Cardio Strength Jen	Gentle Yoga Colleen	Yoga Barre Colleen	Yoga Rotation
	Heart Health (30) Lesa		Heart Health (30) Kate				
	\$ Aqua Barre LP 9/13-27 Melinda		Aqua Combo LP Colleen				
10:00am		Chair Yoga Jill		Chair Yoga Jill			
10:30am	Active Adults Lesa	Active Adults Michelle	Active Adults Monica	Active Adults Jan	Zumba Gold Ildiko		
	\$ Tai Chi 8w 9/27-11/17 Becky	\$ SGT (60) Lesa	\$ Tai Chi 8w 9/27-11/17 Becky	\$ SGT (60) Lesa			
	Cycle & Strength Michelle						
11:00am		Aqua Fit Jan EP & LP		Aqua Fit Melinda EP & LP			
		\$ Rock Steady Boxing (60)		\$ Rock Steady Boxing (60)		\$ Rock Steady Boxing (60)	
11:20am	Cardio Dance (30) Lesa						
11:30am	Ai Chi EP Becky 						
12:00pm	Barre Ashley	\$ SomaYoga 9/7-28 Colleen	BodyPump/RIP Lesa		BodyPump/RIP Monica		
1:00pm	Delay the Disease Rotation (60)		Delay the Disease Jen (60)				
			\$ Restorative Yoga 9/8-29 Jill				
5:00pm	BodyPump/RIP Monica						
5:30pm	Aqua Bootcamp Shauna EP		Aqua Combo EP Kate				
6:00pm				\$ Aqua Volleyball 9/9-30 EP (90)			
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 and \$ SGT (Small Group Training). 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.

Ai Chi: Slow and broad upper and lower limb movements focusing on breathing, trunk stability, balance, and coordinated total body movements. Ai Chi also includes important elements necessary for balance and fall prevention. Ai Chi is ideal for improving range of motion and mobility. Class intensity: Low Joint Impact: Low

Aqua Barre, \$: Low impact total body water workout utilizing moves from dance, Pilates and yoga, that help improve balance, stability, coordination, strength and overall function. Class intensity: Moderate Joint Impact: Low

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

Aqua Volleyball, \$: Played between two teams, no set teams, participants may join either side. Friendly competition. Beach ball is used. Game rules are on the back of the program flyer. All abilities are welcome.

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: Moderate to High.

Cardio Boxing, \$: This class is a combination of shadow boxing and hitting the bag and incorporates high intensity/low impact exercises. No experience necessary. Class intensity: Moderate to 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.

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 & 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.

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.

Restorative Yoga, \$: A restful yoga practice that holds poses for a longer duration using props such as blocks, blankets and bolsters. All fitness levels are welcome. Must be able to stay on the mat for the duration of the class lying down, seated, and/or in a reclined position. 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.

SGT-Small Group Training, \$: Cardio and total body strength class using a variety of equipment on the fitness floor. Led by a Fitness Specialist, class meets 2x a week. Class focus/theme may change month to month. Class Intensity: Moderate-High Joint Impact: Low-Medium

Slow Flow Yoga: A combination of vinyasa flow and hatha yoga; moving through asanas at a slower pace while taking time/breath to hold and deepen a pose. Special attention on the core. All levels are welcome.

SomaYoga, \$: Slow, mindful movements that increase awareness of the whole body in order to move well and improve function in all the muscles and joints.

Tai Chi, \$: *Tai Chi for Arthritis and Fall Prevention, an 8-week program*, 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 can be done seated or standing. Class intensity: Low.

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.

Location/Participant Capacity

GREEN – Mind/Body Studio – 24

ORANGE – Aerobics Studio – 24

GREY – Cycle Studio – 15

BLUE – Exercise Pool – 20

BLUE (LP) – Lap Pool – 10/15

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: 6:00am - 6:45pm

Saturday: 8:00am - 3:00pm

Sunday: 8:00am - 3:00pm

www.mercyhealthfitness.com