

Class Schedule - DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	\$ SGT (60) Alec 		\$ SGT (60) Alec				
	Strength Vinyasa Yoga Hortencia	Cycle Tracy	Slow Flow Yoga Hortencia	Cycle Tracy			
7:30am		Aqua Fit Jan EP & LP		Aqua Fit Jan EP & LP			
8:30am		Aqua Fit Jan EP & LP	Aqua Fit Colleen EP & LP	Aqua Fit Jan EP & LP	Aqua Fit Melinda EP & LP	Aqua Combo Rotation EP & LP	
						Cycle Michael 	
9:00am	Chair Fitness (30) Becky	\$ SGT (60) Katie	Chair Fitness (30) Alec	\$ SGT (60) Katie	Chair Fitness (30) Lesa		
9:30am		Cardio Strength Michelle		Cardio Strength Lesa			
	Gentle Yoga Colleen		Yoga Lesa		Gentle Yoga Melinda	Fusion Colleen/Ildiko	Yoga Rotation
	Aqua Combo Melinda EP & LP		Aqua Combo Colleen EP & LP				
10:00am		Chair Yoga Colleen		Chair Yoga Melinda			
10:30am	Active Adults Jen	Active Adults Michelle	Active Adults Monica	Active Adults Jan	Zumba Gold Ildiko		
	Cycle & Strength Michelle						
11:00am		Aqua Fit Jan EP & LP		Aqua Fit Melinda EP & LP			
		\$ Rock Steady Boxing (60)		\$ Rock Steady Boxing (60)	Cycle Wellness Michael	\$ Rock Steady Boxing (60)	
11:45am	Ai Chi EP Becky		Ai Chi EP Becky				
12:00pm	Barbell Strength Lesa	Barre Ashley	Barbell Strength Monica	Mat Pilates Melinda	Barbell Strength Cari		
							3:00pm \$ Aqua Yoga Melinda EP & LP
1:00pm	Total Parkinson's Becky (60)	\$ SomaYoga Colleen	Total Parkinson's Jen (60)		MS Yoga (60)		
5:30pm	Cycle Michael		\$ Rock Steady Boxing (60)		<ul style="list-style-type: none"> ❖ 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). ❖ Purple border indicates Medical Fitness classes. ❖  Indicates new class or new class time. ❖ Instructor names in <i>Italics</i> indicate long term sub <p>*Contact mary@aboveandbeyondcancer.org to sign up for Cycle with Dr. Deming.</p>		
	Yoga Lyne	Piloxing Ildiko	HI/LO Intervals Katie 				
	Aqua Bootcamp Shauna EP		Aqua Combo EP Melinda				
	\$ SGT (60) Sydney		\$ SGT (60) Sydney				
6:00pm				\$ Aqua Volleyball EP (90)			
6:45pm			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 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.

Aqua Yoga, \$: Traditional yoga postures performed in water, making it accessible and beneficial to everyone, including those that typically cannot do traditional yoga. Open to all levels. Exercise Intensity: Low Joint Impact: Low

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

Barbell Strength: Strength training class using barbells and/or dumbbells working all the major muscle groups. 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.

Chair Fitness: (formerly Heart Health) Strength training, flexibility exercises and balance work done while sitting in a chair or using the chair as a prop. Light hand weights, exercise bands, and/or other equipment may be used. All fitness levels and abilities are welcome. Class intensity: Low.

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 Wellness: Improve overall wellness by cycling at higher RPMs. A variety of cycling drills include a mix of rolling hills as well as fun and friendly 'team' activities. Recommended for anyone, including people with Parkinson's disease. Assistance is provided setting up bikes.

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.

Fusion: A challenging but easy to follow class combining fitness, yoga, pilates and barre moves. Total body workout including balance work. Class intensity: Moderate.

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.

HI/LD Intervals: Interval training for the whole body combining high and low intensity intervals that are low or no impact. Exercises are done with or without equipment. Class intensity: Moderate to High.

Mat Pilates: Low impact, full body workout with emphasis on alignment, breath, and core work. Pilates helps improve flexibility and builds functional strength and endurance in the entire body. Class Intensity: Low to Moderate, Joint Impact: Low.

MS Yoga: *This class is open to those living with Multiple Sclerosis and their care partners.* This yoga practice is designed to be completed in a chair or on the floor, as the participant desires. Class will include poses to stretch, strengthen and improve balance, all while helping minimize fatigue. This is not hot yoga. All levels are welcome. Multiple Sclerosis (MS) yoga is sponsored by MS Moments, a local nonprofit whose mission is to play a role in keeping families afflicted with MS healthy both physically and mentally.

Piloxing: A fusion cardio workout combining pilates, boxing, and dance. Class intensity: Moderate to High.

Rock Steady Boxing, RSB, \$: Non-contact boxing workout that addresses and fights against symptoms of Parkinson's disease. Intensity varies. Medical release required.

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.

Soma Yoga, \$: A blend of traditional yoga, breath work, therapeutic yoga, and Somatics. Small, gentle movements lead into larger postures with increased awareness of the trunk and core. Class intensity: Low.

Strength Vinyasa Yoga: This class incorporates segments of flow and longer holds to boost muscle strength and endurance. Synchronized breathing with each movement helps improve mental clarity and flexibility. All levels are welcome.

Total Parkinson's: This exercise program is designed to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. Formerly Delay the Disease, this functional movement program helps decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Class intensity: Low.

Yoga: A combination of vinyasa and hatha yoga. Explore sun salutations, standing, seated and reclining poses, back-bends and core isolation while focusing on breath and alignment of the posture. All levels welcome.

Zumba Gold: Dance-fitness class with Latin flavor at lower intensity and an easier pace, suitable for beginners and active adults. Class intensity: Low to Moderate.

Location/Participant Capacity

GREEN – Mind/Body Studio – 22

ORANGE – Aerobics Studio – 24

GREY – Cycle Studio – 15

BLUE (EP) – Exercise Pool – 25

BLUE (LP) – Lap Pool – 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

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