

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00am	Strength Vinyasa Yoga Hortencia	Cycle Tracy	Slow Flow Yoga Hortencia	Cycle Tracy		Download: URFitAP-MercyOne						
7:30am		Aqua Fit Jan EP & LP		Aqua Fit Jan EP & LP		Find more classes on MOVE Virtual Programming						
8:30am		Aqua Fit Jan EP & LP	Aqua Fit Jan/Colleen EP & LP	Aqua Fit Jan EP & LP	Aqua Fit Melinda EP & LP	Aqua Combo Rotation EP & LP						
						Cycle Michael						
						Zumba Patricia						
9:00am	Chair Fitness (30) Rotation		Chair Fitness (30) Rotation		Chair Fitness (30) Lesa							
9:30am		Cardio Strength Michelle		Cardio Strength Lesa								
	Gentle Yoga Hortencia/Colleen		Yoga Lesa		Gentle Yoga Melinda	Fusion Hortencia/Colleen	Yoga Rotation					
	Aqua Combo Melinda EP & LP		Aqua Combo Jan/Colleen EP & LP									
10:00am		Chair Yoga Hortencia/Colleen		Chair Yoga Melinda								
10:30am	Active Adults Jen	Line Dancing Michelle	Active Adults Monica	Active Adults Jan	Zumba Gold Ildiko		Aqua Bootcamp Whitney EP & LP					
	Cycle & Strength Michelle											
11:00am	Total Parkinson's Ildiko (50)	<b>\$ Rock Steady Boxing (60)</b>	Total Parkinson's Jen (50)	<b>\$ Rock Steady Boxing (60)</b>	Cycle Wellness Michael	<b>\$ Rock Steady Boxing (60)</b>						
		Aqua Fit Jan/Melinda EP & LP		Aqua Fit Melinda EP & LP								
12:00pm	Barbell Strength Lesa	Barre Ashley	Barbell Strength Monica	Mat Pilates Melinda	Barbell Strength Cari							
	Aqua Flow Melinda EP		Aqua Flow Melinda EP									
	<b>\$ SGT (60) Spencer</b>		<b>\$ SGT (60) Spencer</b>									
			Cycle Michael starts 3/22									
1:00pm		<b>\$ Soma Yoga Colleen Resumes 3/14</b>		Chair Tai Chi (20) Standing Tai Chi (30) Video led classes	MS Yoga (60)		<b>3:00pm \$ Aqua Yoga Melinda EP &amp; LP</b>					
5:30pm	Cycle Michael		<b>\$ Rock Steady Boxing (60)</b>		<ul style="list-style-type: none"> <li>❖ All classes are 45 minutes long, unless noted in ( )</li> <li>❖ Group Exercise classes are free, there is a fee for <b>\$ Specialty Classes</b> and <b>\$ SGT (Small Group Training)</b></li> <li>❖ Purple border indicates <b>Medical Fitness</b> classes</li> <li>❖  indicates new class or new class time</li> <li>❖ Instructor names in <i>Italics</i> indicate long term sub</li> </ul> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Class Location / Participant Capacity</td> </tr> <tr> <td>GREEN - Mind &amp; Body Studio: 22</td> </tr> <tr> <td>ORANGE - Aerobics Studio: 24</td> </tr> <tr> <td>GREY - Cycle Studio: 15</td> </tr> <tr> <td>BLUE EP - Exercise Pool: 25, BLUE LP - Lap Pool: 15</td> </tr> </table>			Class 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
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	Aroma Yoga Lyne	Zumba Patricia	Total Strength Spencer	Power 45 Patricia								
	Aqua Bootcamp Shauna EP		Aqua Combo Melinda EP									
	<b>\$ SGT (60) Sydney</b>		<b>\$ SGT (60) Sydney</b>									
6:00pm				<b>\$ Aqua Volleyball EP (90)</b>								
6:45pm			Cycle with Dr. Deming									

## CLASS DESCRIPTIONS

**Active Adults:** This class that uses a variety of formats to build strength, cardiovascular fitness, balance and flexibility. All fitness levels and abilities are welcome! Class intensity: Low-Moderate.

**Aqua Bootcamp:** Intense aqua workout for the whole body. Incorporates intervals 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 Flow:** Gentle upper and lower body movements in the water to help with relaxation, increased mobility, better posture, and body awareness. Class intensity/Joint Impact: Low

**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

**Aroma Yoga:** A combination of vinyasa and hatha yoga, this class incorporates aromatherapy to enhance mind-body awareness. All levels 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.

**Barbell Strength:** Strength training class using barbells and/or dumbbells working all the major muscle groups. Class intensity: Moderate-High.

**Cardio Strength:** Cardiovascular exercises are mixed with strength and resistance work. A variety of equipment or just body weight may be used. Class intensity: Moderate-High.

**Chair Fitness:** Strength training, light cardio, 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.

**Line Dancing:** Move to the beat with choreographed steps while lined up in rows. Dancing will lift your mood, reduce stress, and improve your balance and flexibility. Class ends with balance work and stretching. Class intensity: Low-Moderate.

**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-Moderate

**MS Yoga:** *This class is open to those living with Multiple Sclerosis and their care partners.* Class can be done in a chair or on the floor and includes poses to stretch, strengthen and improve balance, all while helping minimizing fatigue. 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.

**Power 45:** A bootcamp style class, mixing strength exercises and cardiovascular training. Expect to work every muscle in your body, as well as your heart and lungs. Class Intensity: Moderate-High.

**Rock Steady Boxing, RSB, \$:** Non-contact boxing workout that addresses and fights against symptoms of Parkinson's disease. Class 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 Intensity: Moderate-High

**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.

**Tai Chi:** Fluid movements designed to calm the mind, improve balance, coordination, leg strength, flexibility, range of motion, and reflexes. This is a video-led program. Seated and standing class is offered. Class Intensity: Low

**Total Parkinson's:** This class is designed to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. Class intensity: Low.

**Total Strength:** Muscle strength and endurance class designed to help tone and sculpt the entire body. Class intensity: Moderate-High

**Yoga:** A combination of vinyasa and hatha yoga. Flow plus, standing, seated and reclining poses, focusing on core, breath and alignment of the posture. All levels welcome.

**Zumba and Zumba Gold:** Dance-fitness class with Latin flavor. Zumba Gold is slower pace, and lower intensity, suitable for beginners and active adults. Class intensity: Low-Moderate.

MercyOne Health & Fitness Center	Center Hours	Pool Hours
12493 University Avenue, Clive, Iowa 50325 (515) 226-9622 www.mercyhealthfitness.com	Monday-Thursday: 5:00am - 8:00pm Friday: 5:00am - 7:00pm Saturday: 7:00am - 5:00pm; Sunday: 8:00am - 5:00pm	Monday-Thursday: 6:00am - 7:45pm Friday: 6:00am - 6:45pm Saturday-Sunday: 8:00am - 3:00pm