

CLASS SCHEDULE - SEPTEMBER

MORNING AND LUNCH TIME CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Strength Vinyasa Yoga Hortencia	Cycle Tracy	Slow Flow Yoga Hortencia	Cycle Tracy			
			Aqua Bootcamp Whitney EP & LP 		Aqua Bootcamp Whitney EP & LP		
	\$ SGT Katie (60)		\$ SGT Katie (60)				
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	
						Zumba Patricia	
						Cycle Michael	
9:00am	Chair Fitness (30) Patricia	\$ Activator Pole Training Starts 9/26 	Chair Fitness (30) Katie		Chair Fitness (30) Lesa		
		\$ SGT Katie (60)		\$ SGT Katie (60)			
9:30am	Gentle Yoga Colleen	Cardio Strength Michelle	Yoga Rotation	Cardio Strength Lesa	Gentle Yoga Melinda	Fusion Colleen/Hortencia	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	Line Dancing Michelle	Active Adults Monica	Active Adults Jan	Zumba Gold Ildiko / Patricia		Aqua Bootcamp Whitney EP & LP
	Cycle & Strength Michelle						
11:00am	Total Parkinson's Ildiko (50)	\$ Rock Steady Boxing (60)	Total Parkinson's Jen (50)	\$ Rock Steady Boxing (60)	Cycle Wellness Michael	\$ Rock Steady Boxing (60)	
		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 Michelle		
	Aqua Flow Melinda EP		Aqua Flow Melinda EP	Ai Chi Jan EP & LP			
			Cycle Michael				

Find more classes on MOVE Virtual Programming and take classes anytime & anywhere.

MercyOne Health & Fitness Center	Center Hours	Pool Hours
12493 University Avenue, Clive, Iowa 50325 (515) 226-9622 www.mercyhealthfitness.com Center App: URFitAP-MercyOne	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

CLASS SCHEDULE - SEPTEMBER

AFTERNOON AND EVENING CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm		\$ Soma Yoga Colleen			MS Yoga (60)		
3:00pm							3:00pm Melinda \$ Aqua Yoga
5:30pm	Aroma Yoga Lyne		\$ Rock Steady Boxing (60)				
	Aqua Bootcamp Shauna EP		Aqua Combo Melinda EP				
	Cycle Michael Starts 9/11						
	\$ SGT Sydney (60)		\$ SGT Sydney (60)				
6:00pm				\$ Aqua Volleyball EP (90)			
6:45pm			Cycle with Dr. Deming				

GREEN - Mind & Body Studio: 22

ORANGE - Aerobics Studio: 24

GREY - Cycle Studio: 15

BLUE - Exercise Pool: 25, Lap Pool: 15

- ❖ All classes are 45 minutes long, unless noted in ()
- ❖ 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 *Italics* indicate long term sub

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 Class descriptions can be found online, on our App, or by scanning this QR code.



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