

CLASS SCHEDULE - NOVEMBER



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		Aqua Bootcamp Whitney		
	\$ SGT Katie (60)		\$ SGT Katie (60)				
7:30am		Aqua Fit Jan		Aqua Fit Jan			
8:30am		Aqua Fit Jan	Aqua Fit Colleen	Aqua Fit Jan	Aqua Fit Melinda	Aqua Combo Rotation	
						Zumba Patricia	
						Cycle Michael	
9:00am	Chair Fitness (30) Patricia	SomaYoga Colleen 	Chair Fitness (30) Katie		Chair Fitness (30) Patricia		
		\$ SGT Katie (60)		\$ SGT Katie (60)			
9:30am	Gentle Yoga Colleen	Cardio Strength Michelle	Yoga Jessica	Cardio Strength Katy	Gentle Yoga Melinda	Fusion Colleen/Hortencia	Yoga Rotation
	Aqua Combo Melinda		Aqua Combo Colleen				
10:00am		Chair Yoga Colleen		Chair Yoga Melinda			
10:30am	Active Adults Jen	Line Dancing Michelle	Active Adults Monica	Active Adults Jan	Zumba Gold Patricia		Aqua Bootcamp Whitney
	Cycle & Strength Michelle	Neuro Cycle Dr. Steve					
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		Aqua Fit Melinda			
12:00pm	Barbell Strength Michelle	Barre Ashley	Barbell Strength Monica	Mat Pilates Melinda	Barbell Strength Rotation		
	Aqua Flow Melinda		Aqua Flow Melinda	Ai Chi Jan			
			Cycle Michael				

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-Friday: 6:00am - 6:45pm Saturday-Sunday: 8:00am - 3:00pm

CLASS SCHEDULE - NOVEMBER

AFTERNOON AND EVENING CLASSES


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm	\$ Activator Pole 11/13-12/4 						
3:00pm							\$ Aqua Yoga Melinda
5:30pm	Aroma Yoga Lyne		\$ Rock Steady Boxing (60)				
	Aqua Bootcamp Shauna		Aqua Combo Melinda				
	Cycle Michael	Pop-Up Class Rotation 	Zumba Patricia				
	\$ 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 ()
- ❖ Aqua classes take place in the Exercise Pool and the first lane of the Lap Pool.
- ❖ 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

**Tuesday, 5:30pm
Pop-up Class line up:**
 11/7: Cardio Circuit
 11/14: Interval Boxing
 11/21: Tabata Bootcamp
 11/28: Cardio Strength

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

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



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