

CLASS SCHEDULE - MARCH

MORNING AND LUNCH TIME CLASSES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|----------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|-----------------------|
| 6 a.m. | Strength Vinyasa Yoga Hortencia | Cycle Tracy | Slow Flow Yoga Hortencia | Cycle Tracy | | | |
| | | | Aqua Bootcamp Whitney | | Aqua Bootcamp Whitney | | |
| | \$ Ignite (60) Katie | | \$ Ignite (60) Katie | | | | |
| 8 a.m. | | Aqua Fit Jan | | Aqua Fit Jan | | | |
| 9 a.m. | Chair Fitness Lesa | Cardio Strength Michelle | Chair Fitness DaShawn | Cardio Strength Lesa | Chair Fitness Patricia | Zumba Patricia | |
| | Aqua Combo Melinda | Aqua Fit Jan | Aqua Fit Colleen | Aqua Fit Jan | Aqua Fit Melinda | Aqua Combo Rotation | |
| | | SomaYoga Colleen | Yoga Jessica | | | Cycle Michael | Yoga Rotation |
| | | \$ Ignite (60) Katie | | \$ Ignite (60) Katie | | | |
| 10 a.m. | Active Adults Jen | Line Dancing Michelle | Active Adults Monica | SilverSneakers Circuit Patricia | Flexible & Strong Patricia | | Aqua Bootcamp Whitney |
| | Gentle Yoga Colleen | Chair Yoga Colleen | Aqua Combo Colleen | Chair Yoga Melinda | Gentle Yoga Melinda | Fusion Hortencia | |
| | Cycle & Strength Michelle | \$ Found of TRX 3/5-26 | | \$ Women on Weights 3/7-28 | | | |
| 11 a.m. | 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) | |
| | | Neuro Cycle Dr. Steve | | Zumba Gold Patricia | | | |
| | | Aqua Fit Jan/Melinda | | Aqua Fit Melinda | | | |
| | | \$ Women on Weights 3/5-26 | | | | | |
| 12 p.m. | Barbell Strength Lesa | 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 - MARCH

AFTERNOON AND EVENING CLASSES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-----------------------|--------------------------------|----------------------------|----------------------------|--------|----------|--------|
| 1 p.m. | | Silver Sneakers Classic Ashley | Pole Fitness Katy | | | | |
| 5:30pm | Aroma Yoga Lyne | | \$ Rock Steady Boxing (60) | | | | |
| | Aqua Bootcamp Shauna | | Aqua Combo Melinda | | | | |
| | Cycle Michael | Pop-Up Class Line up below | | | | | |
| | \$ Ignite (60) Sydney | | \$ Ignite (60) Sydney | | | | |
| 6 p.m. | | | | \$ Aqua (90) Volleyball EP | | | |
| 6:45pm | | | Cycle with Dr. Deming | | | | |

| | | | |
|------------------------------|-------------------------|--------------------------------|--|
| ORANGE – Aerobics Studio: 24 | GREY - Cycle Studio: 15 | GREEN - Mind & Body Studio: 22 | 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 \$ Ignite (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:

- 3/5 Barre and Barbells
- 3/12 NO CLASS
- 3/19 Flexible & Strong
- 3/26 Cardio Blast

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

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



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