

CLASS SCHEDULE - NOVEMBER



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) DaShawn		\$ Ignite (60) DaShawn				
8 a.m.		Aqua Fit Jan		Aqua Fit Jan			
9 a.m.	Chair Fitness Alana	Cardio Strength Patricia	Chair Fitness Isabella	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	
	Beginner Mat Pilates Jessica	SomaYoga Colleen	Yoga Jessica			Cycle Michael	Yoga Rotation
		\$ Ignite (60) DaShawn		\$ Ignite (60) DaShawn			
10 a.m.	Active Adults Alana	Cardio Dance Patricia	Active Adults Monica	Active Adults Patricia	Flexible & Strong Patricia		Aqua Bootcamp Whitney
	Gentle Yoga Colleen	Chair Yoga Colleen	Aqua Combo Colleen	Chair Yoga Melinda	Gentle Yoga Melinda	Fusion Colleen/Hortencia	
	Cycle Wellness Michael/Steve		\$ Intermediate Balance Carol 11/6 and 11/13				
11 a.m.	Total Parkinson's Ildiko (50)	\$ Rock Steady Boxing (60)	Total Parkinson's Alana (50)	\$ Rock Steady Boxing (60)	Cycle Wellness Michael	\$ Rock Steady Boxing (60)	
		SilverSneakers EnerChi Jan		Cardio Dance Patricia			
		Aqua Fit Melinda		Aqua Fit Melinda			
12 p.m.	Barbell Strength Lesa	Barre Ashley	Barbell Strength Monica	Mat Pilates Melinda	Strength Alana		
	Aqua Flow Melinda		Aqua Flow Melinda	Ai Chi Jan			
	\$ Activator Pole 11/11 & 18 Ildiko		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 p.m.		SilverSneakers Classic Ashley		SilverSneakers Stability Isabella	MS Yoga		
5:30pm	Aroma Yoga Lyne	Pop Up Class Rotation 	\$ Rock Steady Boxing (60)				
	Aqua Bootcamp Shauna		Aqua Combo Melinda/Whitney				
	Cycle Michael 						
	\$ Ignite (60) Sydney		\$ Ignite (60) Sydney				
6 p.m.				\$ Aqua (90) Volleyball EP			
6:45pm			Cycle with Dr. Deming				

- ❖ 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



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.



ORANGE – Aerobics Studio: 24

GREY - Cycle Studio: 20

GREEN - Mind & Body Studio: 22

BLUE – Exercise Pool: 25, Lap Pool: 15

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