

CYCLING - (All Intensities) Experience this cardio-vascular workout for yourself! You control the intensity of your ride as you pedal your bike through all energy zones and terrains. Burn calories, strengthen your heart, and build up your cardio and muscular endurance - with no impact on your joints! "The Ride" is a 60min. workout. Bring a water bottle & sweat towel to class.

BODYATTACK™ - (Moderate Intensity) BodyAttack is a sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYJAM™ - This cutting-edge dance based workout is taking the world by storm...BodyJam combines the latest music and the hottest dance trends to give you the ultimate cardiovascular exercise in a "clubbin" class. Hip Hop, Tribal, Salsa- learn all the latest. The certified Instructors will break it down so everyone can learn and follow. No prior dance experience necessary. All ages.

BODYPUMP™ - (All Intensities) Real Results Real Fast. This class will change the shape of your body. Using barbells with adjustable weights, motivating music and the energy from the instructors you will get a great workout and muscle definition you can see!

CORE - (All Intensities) Work that waist line! Comprehensive exercises designed to work all 4 of the abdominal muscles; rectus abdominus, internal obliques, external obliques, and the hard-to-target transverse abdominus by utilizing body weight, BOSU, and stability balls.

H.E.A.T. - (Moderate Intensity) High Energy Athletic Training designed to challenge your body and produce goal oriented results by burning fat and building muscle. Variety of equipment. Transform yourself and enjoy a body cleansing sweat!

SILVERSNEAKERS™ STRENGTH (MSROM) - (Less Intensity) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated or standing support.

SILVERSNEAKERS™ CARDIO CIRCUIT - (Less Intensity) is an advanced class incorporating standing non-impact choreography designed to increase cardiovascular and muscular endurance alternating with strength work. Modifications are available.

SILVERSNEAKERS™ SILVERSPASH - (Less Intensity) Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water movements to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

STEP INTERVAL - (Moderate Intensity) The whole-body Step Workout. Easy to follow, yet intense choreography intertwined with resistance training keeps the heart rate elevated for maximum calorie burn while achieving cardiovascular and muscular results.

SUPER STEP - (Moderate Intensity) Our cutting-edge Instructors really know how to "break it down" and cue effectively so that the choreography is easy to follow yet, spunky enough to challenge your body. You will work up a sweat while enjoying great songs and routines.

STEP IN THE DARK - (Moderate Intensity) This is Super Step with a twist! Studio lights are low, and colored lights are streaming! Great music and cool moves will have you working up a cardio sweat in a club-like atmosphere!

STEP ADVENTURE - A 60-minute cardio intense class utilizing the step, athletic and fun moves to great music to burn those calories. The format of this class will change every few weeks to include horizontal (standard), vertical step, double-step, partner-step, and pin-wheel step. Come join the fun and let your step adventure begin!

CARDIO BLAST PLUS - (All Intensities) Gives you a taste of what started it all – hi/lo aerobics! PLUS Step, Kick Boxing and BOSU moves that will work to sculpt and condition! If you're looking for a fun, high-energy cardio class that will take you to new places – THIS IS IT! BLAST calories! PLUS tone that core!

YOGA - (All Intensities) EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors teach an eclectic blend of traditional Yoga styles to assist participants of ALL levels, whether you are just starting out or training for an athletic event. This WORKOUT will help you improve flexibility, muscular strength, posture and balance, while reducing stress, strengthening the immune system, boosting energy and increasing vitality. Please bring 2 towels.

SILVERSNEAKERS™ YOGASTRETCH - (Less Intensity) This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to relax the think more clearly.

AQUA AEROBIX - (All Intensities) An action-packed, high intensity workout in the pool! In the water, all weight bearing stress on the joints is removed. Build-up your cardiovascular endurance, burn calories, and improve the range of motion in your joints, while having fun (relieving stress)!

H.E.A.T WAVE - (All Intensities) High Energy Athletic Training - adds an athletic edge to Aqua Aerobics by using sport skills and conditioning drills to improve your muscular strength and endurance. Continuous movement to encourage you outside your comfort zone and keep your heart rate elevated. A challenging workout that can be modified for all fitness levels.

HYDRO TONE - (All Intensities) Improve your muscular strength and definition as well as your posture by using aqua dumbbells in addition to the natural resistance of the water. Your body will become balanced and powerful as your core strengthens. This class will also increase your bone density, burn calories, allow you to sleep better and improve the quality of your life.

NAUTICAL NOODLES - (All Intensities) FUN while challenging! Experience the excitement of suspension while working your core stabilization in the water. It is amazing how many movements are made possible with this floatation device. A workout for all levels and ages. Noodles are provided.

TURBOKICK - (All Intensities) The evolution of Kickboxing! Burn up to 1000 calories per workout! The cardio workout sweeping the nation! Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. Rockin Music* Simple Dance Grooves* Athletic Drills* High Energy Routines* Kickboxing with an Edge!

CARDIO SCULPT – (All Intensities) Combine the best of both exercise worlds with this fat-burning class which fuses both strength and cardiovascular benefits with a variety of movement and equipment to give you a total body workout!

TAE KWON DO – NOT included with membership. Contact Kim & Lee's Martial Arts at 319.573.8806 or ask at the Front Desk for more information.



	Club Hours	Kids Klub Hours (390-4645)
Mon – Fri	5 am – 11 pm	8 am – 1 pm 4 pm – 8 pm
Saturday	7 am – 8 pm	7 am – noon
Sunday	7 am – 8 pm	8 am – noon

ALL CLASSES ON THIS SCHEDULE ARE FOR ALL ABILITY LEVELS. Not participated in a class before? Please arrive 10 minutes early, ask instructor to help with equipment set up and to prepare you for class. Try a class at least 2-3 times. Children ages 12 and older may participate in all Classes.

visit us at www.activedgefitness.com

This schedule is designed for you, our members. Your comments and suggestions are WELCOME! Please direct them to: Shannon Glidden, Asst Operations Mgr, sglidden@activedgefitness.com – Thank you!