

ActivEdge FITNESS CLUB

January 2012 Schedule

319.654.0123

2120 Edgewood Rd SW . Cedar Rapids

Schedule subject to change without notice

New Year's Day

9am BodyPUMP™ w/ Kelley C.

10am Step Adventure w/ Paul

10am Cycling w/ Kelley

11am BodyATTACK™ w/ Jessi

Holiday Hangover

What? Too much gravy, ham and egg nog got you in a post-holiday slump? Sweat it out!

THREE hours of cycling, games, prizes, and refreshments!!

Sunday*JAN 8*12:30-3:30pm

Ask your instructors for details!

CYCLING CHALLENGE

Launches

BodyPUMP™

Sat, Jan 14th, 8:30am

BodyJAM™

Sat, Jan 14th, 9:40am

BodyATTACK™

Sun, Jan 15th, 4 pm

GROUP FITNESS studio

Mon	5:30 – 6:15	AM	H.E.A.T.	Dawn
	9:30 – 10:25	AM	Cardio Sculpt	Kate
	10:30 – 10:55	AM	CORE	Kate
	12:10 – 12:55	PM	BodyPUMP® Xpress	Julie
	4:30 – 5:25	PM	SuperStep	Paul
	5:30 – 6:30	PM	BodyJAM™	Melissa
	6:35 – 7:35	PM	BodyPUMP™	Jessi
Tues	5:30 – 6:30	AM	BodyPUMP™	Amanda
	8:30 – 9:25	AM	TurboKick	Maria
	9:32 – 10:32	AM	BodyPUMP™	Kate
	5:30 – 6:30	PM	BodyPUMP™	Tara
	6:35 – 7:35	PM	STEP in the Dark!	Paul
	7:45 – 8:45	PM	Yoga	Kate
Wed	5:30 – 6:30	AM	BodyATTACK™	Jessi
	9:30 – 10:25	AM	BodyJAM™	Shannon
	10:30 – 11:25	AM	CORE	Kelley C./Amanda
	12:10 – 12:55	PM	BodyPUMP™ Xpress	Tara/Amanda
	4:30 – 5:25	PM	BodyJAM™	Tracey
	5:30 – 6:25	PM	H.E.A.T.	Tara
	6:35 – 7:35	PM	BodyPUMP™	Kelley C.
Thurs	5:30 – 6:30	AM	BodyPUMP™	Jessi
	9:30 – 10:25	AM	BodyPUMP™	Tracey
	4:30 – 5:20	PM	Cardio Blast-PLUS!	Julie/Amy M.
	5:30 – 6:30	PM	BodyPUMP™	Nancy
	6:45 – 7:35	PM	BodyATTACK™	Leah
Fri	5:30 – 6:30	AM	TurboKick	Maria
	9:30 – 10:25	AM	Step Interval	Tracey
	10:30 – 11:30	AM	Yoga	Kate
	12:10 – 12:55	PM	BodyPUMP™ Xpress	Deana
	5:30 – 6:25	PM	BodyJAM™	Tracey
Sat	7:30 – 8:20	AM	SuperStep	Tracey/Melissa
	8:30 – 9:30	AM	BodyPUMP™	Kate/Tracey
	9:40 – 10:40	AM	BodyJAM™	Jam Team
	10:45 – 11:45	AM	Yoga	Kate
Sun	8:00 – 8:55	AM	H.E.A.T.	Tracey
	9:00 – 9:45	AM	BodyPUMP™ Xpress	PUMP Team
	10:00 – 11:00	AM	Step Adventure	Paul
	4:00 – 5:00	PM	BodyATTACK™	Jessi/Leah
	5:05 – 6:00	PM	Yoga	Dawn

CYCLING studio

Mon	5:30 – 6:15	AM	Cycling	Shaleen/Terri
	8:30 – 9:15	AM	Cycle/Run	Dixie
	5:30 – 6:15	PM	Cycling	Karen
Tues	5:30 – 6:15	PM	Cycling	Terri
Wed	5:30 – 6:15	AM	Cycling	Terri
	8:30 – 9:15	AM	Cycling	Dixie
Thurs	8:30 – 9:15	AM	Cycling	Kate
Fri	5:30 – 6:15	AM	Cycling	Tara
Sat	7:30 – 8:25	AM	Cycling	Terri/Tara

AQUA Fitness

Lap lane open for lap swimmers except during classes

Mon	9:30 – 10:15	AM	Nautical Noodles	Barb
	4:30 – 5:15	PM	Aqua Aerobix	Berit
Tues	8:30 – 9:15	AM	SS Silver Splash	Alana
	9:30 – 10:15	AM	Hydro Tone	Kelly B.
	5:45 – 6:30	PM	Nautical Noodles	Berit
Wed	9:30 – 10:15	AM	Nautical Noodles	Barb
	4:30 – 5:15	PM	Aqua Aerobix	Aqua Team
Thurs	9:30 – 10:15	AM	Aqua Aerobix	Amanda
	5:45 – 6:30	PM	H.E.A.T. Wave	Leah
Fri	9:30 – 10:15	AM	Nautical Noodles	Barb
Sat	8:30 – 9:15	AM	Aqua Aerobix	Aqua Team

Private Swimming Lessons

For all ages, levels, and abilities. Available to Members and non-Members. Ask at Front Desk for details.

SilverSneakers™

Classes open to all members

Mon	8:30 – 9:15	AM	SS Cardio Circuit	Alana
Tues	8:30 – 9:15	AM	SS Silver Splash	Alana
	10:45 – 11:30	AM	SS Strength	Kate/Alana
Wed	8:30 – 9:15	AM	SS Cardio Circuit	Alana/Kate
Thurs	8:30 – 9:15	AM	SS Strength	Alana
Fri	8:30 – 9:15	AM	SS Yoga Stretch	Tracey/Kate

OLYMPIC TaeKwonDo – in GF Studio

Tues: noon–1pm & 4:30pm-5:15pm

Wed: 7:40pm-8:40pm Thurs: noon–1:00pm

Fri: 4:30pm-5:15pm & 6:40pm-8:00pm

NOT included with membership. Ask at the Front Desk for info.