

ActiveEdge FITNESS CLUB

Group Fitness Schedule - AUGUST 2010
319.654.0123 - 2120 Edgewood Rd SW - C. R.

CYCLING studio				
Mon.	5:30 - 6:15 8:30 - 9:15 5:30 - 6:15	AM AM PM	Cycling Cycling Cycling	Terri Tracey Jillian
Tues.	8:30 - 9:15	AM	Cycling	Dixie/Shaleen
Wed.	5:30 - 6:15 5:30 - 6:15	AM PM	Cycling Cycling	Karen Jerica
Thurs.	8:30 - 9:15 5:30 - 6:15	AM PM	Cycling Cycling	Kate Shaleen
Fri.	5:30 - 6:15	AM	Cycling	Jillian
Sat.	7:30 - 8:25	AM	Cycling	Jillian

SILVER SNEAKERS
ICE CREAM SOCIAL
TUESDAY
AUGUST 31ST
11:30 AM



The Silver Sneakers
 Fitness Program

(OPEN TO ALL MEMBERS)

Mon.	8:30 - 9:15	SS Cardio Circuit	Alana
Tues.	8:30 - 9:15 10:45 - 11:30	SS SilverSplash SS Strength	Alana Kate/Alana
Wed	8:30 - 9:15	SS Cardio Circuit	Tracey/Kate
Thu	8:30 - 9:15	SS Strength	Alana
Fri.	8:30 - 9:15	SS YogaStretch	Kate/Alana/Tracey

Schedule subject to change without notice

GROUP-studio-FITNESS				
Monday	5:30-6:15	AM	H.E.A.T.	Jillian
	9:30 - 10:25	AM	Cardio Sculpt NEW	Kate
Tuesday	10:30 - 10:55	AM	CORE	Kate
	12:10 - 12:55	PM	BODYPUMP Xpress	Julie
	4:30 - 5:10	PM	Cardio Kickboxing	Kick Team
	5:15 - 5:30	PM	CORE	Core Team
	5:35 - 6:30	PM	BODYJAM	Melissa
	6:35 - 7:35	PM	BODYPUMP	Jessi
	5:30 - 6:30	AM	BODYPUMP	Amanda
	9:30 - 10:30	AM	BODYPUMP	Kate
Wednesday	5:30 - 6:15	AM	Step Interval	Amanda
	9:30 - 10:25	AM	BODYJAM	Maria
Thursday	10:30 - 11:30	AM	Pilates	Maria/Alana
	12:10 - 12:55	PM	Kickbox / Turbokick NEW	Kim/Maria
	4:30 - 5:25	PM	BODYJAM	Tracey
	5:35 - 6:30	PM	H.E.A.T	Jillian
	6:35 - 7:35	PM	BODYPUMP	Kelley
	5:30 - 6:30	AM	BODYPUMP	Jessi
	9:30 - 10:30	AM	BODYPUMP	Tracey
	4:30 - 5:00	PM	Step Interval	Amanda
5:05 - 5:30	PM	CORE	Amanda	
5:35 - 6:35	PM	BODYPUMP	Nancy	
6:40 - 7:40	PM	Yoga	Jill	
Friday	5:30 - 6:30	AM	BODYATTACK	Jessi
	9:30 - 10:25	AM	Step Interval	Tracey
	10:30 - 11:30	AM	Yoga	Kate
	12:10 - 12:55	PM	BODYPUMP Xpress	Kelley
	4:30 - 5:30	PM	BODYATTACK	Sara
5:35 - 6:35	PM	BODYJAM	Tracey	
Saturday	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
Sunday	8:00 - 8:55	AM	H.E.A.T.	Tracey
	9:00 - 9:45	AM	BODYPUMP Xpress	Tracey
	10:00 - 11:00	AM	Step Adventure	Paul

In the event of **bad weather**, please call the club ONE hour prior to start time of your scheduled class to ensure the class has not been cancelled.

ANNUAL CLEANING DAY!

CLOSED Friday

Aug. 13th

Early closing - Thurs. night - visit club for details



Private Swimming Lessons

For all ages, levels, and abilities. Now available day and evening, three swim instructors on staff. Available to small groups, Members and non-Members. Sign up at Front Desk.

AQUA FITNESS				
(Lap lane is left open for lap swimmers except during class times)				
Mon.	8:30 - 9:15	AM	Nautical Noodles	Barb
	9:30 - 10:15	AM	Nautical Noodles	Amanda
	4:30 - 5:15	PM	Aqua Aerobix	Nicole
Tues.	8:30 - 9:15	AM	SS SilverSplash	Alana
	9:30 - 10:15	AM	Hydro Tone	Laura
	5:45 - 6:30	PM	Aqua Aerobix	Barb
Wed.	9:30 - 10:15	AM	Nautical Noodles	Barb
	4:30 - 5:15	PM	Aqua Aerobix	Nicole
Thurs.	9:30 - 10:15	AM	Aqua Aerobix	Amanda
	5:45 - 6:30	PM	H.E.A.T. Wave	Amanda/Paula
Fri.	9:30 - 10:15	AM	Nautical Noodles	Barb
Sat.	8:30 - 9:15	AM	Aqua Aerobix	Aqua Team

NEW FORMAT
Kickboxing / Turbokick
 Check out the Group Fitness News wall (at the club) for specific alternating class schedule.

This schedule is designed for you, our members. Your comments and suggestions are WELCOME! Please direct them to: Tracey Waller, Group Fitness Director, at twaller@activedgefitness.com - Thank you!