

# PARKS & RECREATION



## *Fitness & Wellness Guide* WINTER/SPRING 2024



515.239.5350 | [WWW.AMESPARKREC.ORG](http://WWW.AMESPARKREC.ORG)

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**ONLINE-** You may register at any time online with your Household ID. To obtain a Household ID go to our website at [www.amesparkrec.org](http://www.amesparkrec.org). Click on "Program Guide and Login Request"; then click on "Request a Household ID". Fill in the information and your Household ID will be emailed to you. You can also obtain a Household ID by calling the Parks and Recreation Office at 515.239.5350.

**CALL-** Community Center Front Desk, 515.239.5350

**DROP OFF -** A registration form may be placed in a drop box on the east side of city hall, 515 Clark Ave.

**MAIL-** A registration form may be mailed to Ames Parks & Recreation, 515 Clark Ave., Ames, IA 50010

**WALK-IN-** Register in person at the Community Center, 515 Clark Ave.

### **CANCELLATIONS/INCLEMENT WEATHER**

Please call 515.239.5434 or check the Ames Parks and Recreation Facebook page for cancellations or changes. Weather related cancellations will be posted at least one hour before a program starts. However, weather conditions may change and decisions may be made at the program site. If sudden threatening weather conditions occur, please pick up your children immediately.

### **REFUND POLICY**

Participants cancelling enrollment in activities at least 72 hours prior to a session/class beginning will receive a credit. Household Credits will also be automatically issued to participants in classes cancelled by Parks and Recreations Staff. Staff will try to reschedule cancelled daily activities, but refunds/credits will not be given if a make up date is not possible. Credit may be given due to medical, unforeseen circumstances, or class dissatisfaction on a case-by-case basis. To be refunded the amount of credit issued, please call 515.239.5350.

## **AMERICANS WITH DISABILITIES ACT/ INCLUSIVE RECREATION SERVICES**

The Americans with Disabilities Act (ADA) prohibits discrimination on the basis of disability. In addition, the ADA requires that all citizens be given the opportunity to recreate in the "most integrated setting."

Individuals with disabilities are encouraged to recreate with their peers by registering for any activity offered by the Ames Parks and Recreation Department. Reasonable modifications are provided to enable an individual's successful participation in a program.

# FITNESS & YOGA SCHEDULE

TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	AR		Balance & Strength	Balance, Strength & Stretch (8:15 AM)	Zumba Gold	Balance, Strength & Stretch (8:15 AM)	Hi/Lo Body Sculpt
9:00 AM	WR	Intro to Weight Training		Intro to Weight Training		Intro to Weight Training	
9:15 AM	AR	Balance, Strength & Stretch	Simply Strength	Zumba	Pilates Barre	Cardio Pump (9:05 AM)	
10:15 AM	AR	Cardio Pump	Zumba Gold	Gentle Yoga	Spif Fusion	Gentle Yoga	Zumba
11:15 AM	GYM		Silver Sneakers®		Silver Sneakers®		
12:10 PM	AR	Simply Strength	Triple Threat	Pilates Fusion	Simply Strength	Zumba ---- Power Body Blast (MPR)	
1:05 PM	AR	Gentle Yoga		Chair Yoga	Yoga for Beginners		
1:30 PM	WR		Spif Fusion		Spif Fusion		<b>SUNDAY</b>
4:30 PM	AR	BodyFit X3	Simply Strength	Yoga	Simply Strength		Yoga (4:00 PM)
5:30 PM	GYM	Zumba		Zumba			
5:30 PM	AR	Pilates Fusion		Step Interval	Yoga		
6:30 PM	AR	Simply Strength	Yoga	Xpress Strength (6:30-7:05 PM)			

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

## FITNESS FEES (SIX-WEEK SESSION)

	Resident	Non-Resident
Fitness Classes	\$30	\$35
Yoga Classes	\$36	\$41

## FITNESS SESSION DATES

January 3-February 11  
 February 12-March 30  
 (No regularly scheduled classes March 10-16)  
 April 1 - May 12

**REGISTER FOR A COMBINATION OF FOUR FITNESS, AND/OR YOGA CLASSES AND ATTEND UNLIMITED CLASSES!**

## ROOM KEY

AR = Aerobics Room  
 GYM = Gym  
 MPR=Multi-Purpose Room  
 WR=Weight Room

# SMALL GROUP TRAINING CLASSES

TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	MPR	Cycle Interval		Cycle Interval		Cycle Interval	Cycle Interval (8:00 AM)
9:15 AM	MPR	Cycle Strength			Cycle Strength		Boxing Bootcamp (AR)
10:15 AM	MPR			Cycle Strength			
11:15 AM	MPR					Tramp & TRX	<b>SUNDAY</b>
12:10 PM	MPR	TRX for Beginners	Tramp & TRX		Tramp Fusion		Cycle Beats (1:00 PM)
4:30 PM	MPR			TRX			
5:30 PM	MPR	Cycle Zone	Boxing Bootcamp (AR)	TRX			
6:30 PM	MPR				TRX		

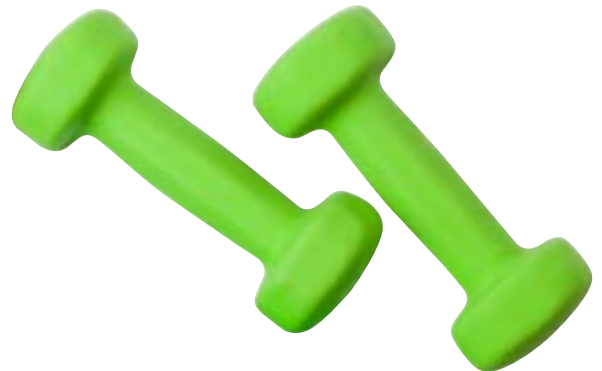
**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

**BOXING, CYCLE & TRX FEES (SIX-WEEK SESSION)**

	Resident	Non-Resident
Small Group Classes	\$37.50	\$42.50

**FITNESS SESSION DATES**

January 3-February 11  
 February 12-March 30  
 (No regularly scheduled classes March 10-16)  
 April 1 - May 12



# ADULT FITNESS CLASS DESCRIPTIONS

**BODYFITX3** - Cardio, strength and core are the three components of this class. Using the JumpSport Trampoline, body weight and resistance tubing, you will improve cardio, strength, coordination, endurance, and mobility! Equal time will be spent on each component to give you the ultimate total body workout.

**CARDIO PUMP** - The perfect union of cardio, muscle, and music. This fun class features half cardio and half strength using a variety of group fitness equipment.

**HI/LO BODY SCULPT** - Pure Cardio! Aerobics choreography that combines levels of impact which can be modified by the participant to increase or reduce intensity.

**INTRO TO WEIGHT TRAINING** - Join us in a strength training circuit class held in the Community Center weight room. Trainers will assist you in learning basic strength exercises using the Life Fitness machines, bands, and free weights. Open to all fitness levels!

**PILATES BARRE** - No ballet experience required here! This intense fusion of Pilates, Sculpting, and Ballet-based exercises will change the way your body looks - longer, leaner, and stronger.

**PILATES FUSION** - Provides a modern twist to Pilates incorporating strength training and mobility exercises to emphasize moves that will tone, stretch, strengthen, and elongate muscles.

**POWER BODY BLAST** - Take your strength training to the next level with this new strength class that incorporates heavier weight to give you the toned and lean physique you desire. A great way to define, sculpt, and build lean muscle.

**SIMPLY STRENGTH** - This strength training class will help you increase strength and endurance using a variety of our group fitness equipment. Add this class to your schedule to help you build a lean, strong physique with a workout that is never boring.

**STEP INTERVAL** - The best of both worlds. This unique class combines cardio and strength intervals with challenging step choreography.

**NEW! TRIPLE THREAT** - This combo class combines 15 minutes of HIIT (high intensity training), 15 minutes of strength, and 15 minutes of mobility/flexibility to help you get the most out of your workout!

**XPRESS STRENGTH** - Get a total body workout, burn calories, and build lean muscle in 35 minutes! Options and modification given for all fitness levels.

**ZUMBA** - Ditch the workout and join the party! Zumba is a Latin-based group fitness class that combines amazing, irresistible, and international music with dynamic, yet simple exercise moves!

**REGISTER FOR ALL CLASSES AT [AMESPARKREC.ORG](https://www.amesparkrec.org)  
OR BY CALLING THE COMMUNITY CENTER AT 515.239.5350**

# WINTER FITNESS CLASSES

## IN-PERSON

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
BodyFit x 3	M	4:30-5:15 PM	\$30/\$35	530105-1A	530105-2A	530105-3A
Boxing Bootcamp	TU	5:30-6:15 PM	\$37.50/\$42.50	530106-1A	530106-2A	530106-3A
Boxing Bootcamp	SA	9:15-10:00 AM	\$37.50/\$42.50	530106-1B	530106-2B	530106-3B
Cardio Pump	M	10:15-11:00 AM	\$30/\$35	530130-1B	530130-2B	530130-3B
Cardio Pump	F	9:05-10:05 AM	\$30/\$35	530130-1A	530130-2A	530130-3A
Hi/Lo Bodysculpt	SA	8:00-8:45 AM	\$30/\$35	530125-1A	530125-2A	530125-3A
Intro to Weight Training	M	9:00-10:00 AM	\$30/\$35	530116-1A	530116-2A	530116-3A
Intro to Weight Training	W	9:00-10:00 AM	\$30/\$35	530116-1B	530116-2B	530116-3B
Intro to Weight Training	F	9:00-10:00 AM	\$30/\$35	530116-1C	530116-2C	530116-3C
Pilates Barre	TH	9:15-10:00 AM	\$30/\$35	530110-1B	530110-2B	530110-3B
Pilates Fusion	M	5:30-6:15 PM	\$30/\$35	530106-1B	530106-2B	530106-3B
Pilates Fusion	W	12:10-12:55 PM	\$30/\$35	530106-1A	530106-2A	530106-3A
Power Body Blast	F	12:10-12:55 PM	\$30/\$35	530123-1A	530123-2A	530123-3A
Simply Strength	M	12:10-12:55 PM	\$30/\$35	530107-1A	530107-2A	530107-3A
Simply Strength	M	6:30-7:15 PM	\$30/\$35	530107-1B	530107-2B	530107-3B
Simply Strength	TU	9:15-10:00 AM	\$30/\$35	530107-1C	530107-2C	530107-3C
Simply Strength	TU	4:30-5:15 PM	\$30/\$35	530107-1D	530107-2D	530107-3D
Simply Strength	TH	12:10-12:55 PM	\$30/\$35	530107-1E	530107-2E	530107-3E
Simply Strength	TH	4:30-5:15 PM	\$30/\$35	530107-1F	530107-2F	530107-3F
Step Interval	W	5:30-6:15 PM	\$30/\$35	530120-1A	530120-2A	530120-3A
NEW! Triple Threat	TU	12:10-12:55 PM	\$30/\$35	530109-1A	530109-2A	530109-3A
Xpress Strength	W	6:30-7:05 PM	\$30/\$35	530138-1A	530138-2A	530138-3A
Zumba	M	5:30-6:15 PM	\$30/\$35	530126-1A	530126-2A	530126-3A
Zumba	W	9:15-10:00 AM	\$30/\$35	530126-1B	530126-2B	530126-3B
Zumba	W	5:30-6:15 PM	\$30/\$35	530126-1C	530126-2C	530126-3C
Zumba	F	12:10-12:55 PM	\$30/\$35	530126-1D	530126-2D	530126-3D
Zumba	SA	10:15-11:00 AM	\$30/\$35	530126-1E	530126-2E	530126-3E

\* No Class: Sunday, Mar. 10 - Saturday, Mar. 16

# ADULT FITNESS ZOOM

**ZOOM WORKOUT CLASSES** - A variety of group fitness classes offered in the privacy of your own home.

**LOCATION: VIRTUAL**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Zoom Pilates Barre	TH	9:15-10:00 AM	\$30/\$35	530710-1C	530710-2C	530710-3C
Zoom Pilates Fusion	M	5:30-6:15 PM	\$30/\$35	530710-1A	530710-2A	530710-3A
Zoom Pilates Fusion	W	12:10-12:55 PM	\$30/\$35	530710-1B	530710-2B	530710-3B
Zoom Simply Strength	M	12:10-12:55 PM	\$30/\$35	530710-1D	530710-2D	530710-3D
Zoom Simply Strength	M	6:30-7:15 PM	\$30/\$35	530710-1G	530710-2G	530710-3G
Zoom Simply Strength	TU	9:15-10:00 AM	\$30/\$35	530710-1E	530710-2E	530710-3E
Zoom Simply Strength	TU	4:30-5:15 PM	\$30/\$35	530710-1H	530710-2H	530710-3H
Zoom Simply Strength	TH	12:10-12:55 PM	\$30/\$35	530710-1J	530710-2J	530710-3J
Zoom Simply Strength	TH	4:30-5:15 PM	\$30/\$35	530710-1K	530710-2K	530710-3K
Zoom Zumba	W	9:15-10:00 AM	\$30/\$35	530710-1P	530710-2P	530710-3P
Zoom Zumba	W	5:30-6:15 PM	\$30/\$35	530710-1Q	530710-2Q	530710-3Q
Zoom Zumba	F	12:10-12:55 PM	\$30/\$35	530710-1T	530710-2T	530710-3T
Zoom Zumba	SA	10:15-11:00 AM	\$30/\$35	530710-1R	530710-2R	530710-3R

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16

# BOXING BOOTCAMP

**BOXING BOOTCAMP** - This high-energy kickboxing class makes working out fun. Train to jab, hook, punch, and kick a punching bag all while gaining strength, flexibility, stamina, and a high calorie burning workout. The class will include a variety of strength training and plyometric moves to give you an AMAZING full-body workout in just 45 minutes! Requirement: A set of wraps and gloves. There is a one-time charge of \$25 if you would like a provided set of wraps and gloves, if you have your own you do not need to pay this additional fee.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Boxing Bootcamp	TU	5:30-6:15 PM	\$37.50/\$42.50	530160-1A	530160-2A	530160-3A
Boxing Bootcamp	SA	9:15-10:00 AM	\$37.50/\$42.50	530160-1B	530160-2B	530160-3B

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16

# CYCLE

**CYCLE BEATS** - This class is perfect for the rider who loves to connect with the beat of the music and the energy generated from a great workout! Get lost in the rhythm and do more than you thought you could in Cycle Beats!

**CYCLE INTERVAL CLASS** - Indoor Cycling is a fun, athletic based cardiovascular workout set to fun music to take you on the ride of your life. This challenging cycling class will combine a variety of speeds, terrains, and intensities to give you an ultimate riding experience! Burn calories and get lost in the beat of the music. Open to all fitness levels.

**CYCLE STRENGTH CLASS** - This 45-minute workout combines 25 minutes of cycle intermixed with 20 minutes of strength work for the ultimate combination! You will do cycle drills that have you sweating and strength work that trains all your major muscles.

**NEW! CYCLE ZONE** - In this new cycle class, you will train various heart rate zones and strength train the lower body on the bike with emphasis on form, technique, visualization, and mental training! Music is used to set the mood and cadence depending on intent and route design.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Cycle Beats	SU	1:00-1:45 PM	\$37.50/\$42.50	530141-1A	530141-2A	
Cycle Interval	M	5:30-6:15 AM	\$37.50/\$42.50	530140-1A	530140-2A	530140-3A
Cycle Interval	W	5:30-6:15 AM	\$37.50/\$42.50	530140-1D	530140-2D	530140-3D
Cycle Interval	F	5:30-6:15 AM	\$37.50/\$42.50	530140-1E	530140-2E	530140-3E
Cycle Interval	SA	8:00-8:45 AM	\$37.50/\$42.50	530140-1F	530140-2F	530140-3F
Cycle Strength	M	9:15-10:00 AM	\$37.50/\$42.50	530142-1A	530142-2A	530142-3A
Cycle Strength	W	10:15-11:00 AM	\$37.50/\$42.50	530142-1B	530142-2B	530142-3B
Cycle Strength	TH	9:15-10:00 AM	\$37.50/\$42.50	530142-1C	530142-2C	530142-3C
NEW! Cycle Zone	M	5:30-6:15 PM	\$37.50/\$42.50	530143-1A	530143-2A	530143-3A

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16





# TRX/TRAMP

**TRX BEGINNING** - This class will guide you through a TRX workout by introducing basic foundational exercises through easy-to-follow progressions. It's a total body workout that will leave you hooked!

**TRX** - The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and core stability. Suspension training works on building core strength with almost every movement performed in the class. TRX creates an element of instability that calls on your core to provide balance and coordination. This incredible workout suitable for all levels and will provide you with a complete body workout!!

**TRAMP & TRX** - Encounter integrated training using the JumpSport Fitness Trampoline and TRX Suspension Trainer in progressions that are challenging, yet right for your current level of condition. This small group, personalized program offers the opportunity to increase strength, endurance, and stamina, while incinerating calories. Come prepared to train and work hard.

**TRAMP FUSION** - This fun workout featuring the JumpSport Trampoline is a cardio workout intermixed with strength and core intervals using a variety of equipment including the TRX, battle ropes, weights, and tubes. A total body workout!

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
TRX Beginner	M	12:10-12:55 PM	\$37.50/\$42.50	530159-1A	530159-2A	530159-3A
TRX	W	4:30-5:15 PM	\$37.50/\$42.50	530150-1B	530150-2B	530150-3B
TRX	W	5:30-6:15 PM	\$37.50/\$42.50	530150-1C	530150-2C	530150-3C
TRX	TH	6:30-7:15 PM	\$37.50/\$42.50	530150-1D	530150-2D	530150-3D
Tramp & TRX	TU	12:10-12:55 PM	\$37.50/\$42.50	530155-1A	530155-2A	530155-3A
Tramp & TRX	F	11:15 AM-12:00 PM	\$37.50/\$42.50	530155-1B	530155-2B	530155-3B
Tramp Fusion	TH	12:10-12:55 PM	\$37.50/\$42.50	530157-1A	530157-2A	530157-3A

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16



# OLDER ADULT FITNESS CLASSES

**BALANCE, STRENGTH, & STRETCH** - This unique class will work on balance exercises and strength work.

**INTRO TO WEIGHT TRAINING** - Join the new strength training circuit class held in the Community Center weight room. Trainers will assist you in learning basic strength exercises using the Life Fitness machines, bands, and free weights. Open to all fitness levels!

**SILVER SNEAKERS** - 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 and/or standing support.

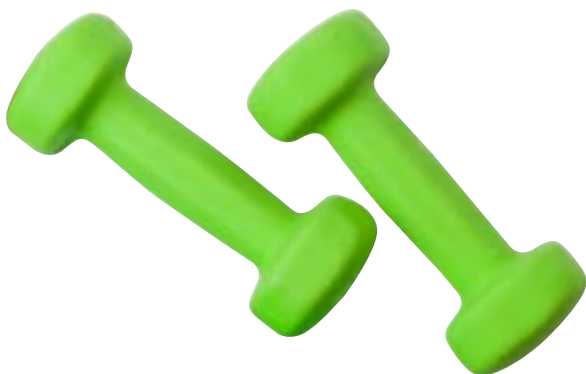
**SPIF FUSION** - Your favorite SPIF class with the bonus of strength, cardio, and yoga all fused together to make an incredible SPIF style workout.

**ZUMBA GOLD** - This class is designed for the active, older adult or beginners to Zumba. Same fun, exciting music, but easier to follow and taught at a lower intensity.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Balance, Strength, & Stretch	M	9:15-10:00 AM	\$30/\$35	530115-1A	530115-2A	530115-3A
Balance, Strength, & Stretch	W	8:15-9:00 AM	\$30/\$35	530115-1C	530115-2C	530115-3C
Balance, Strength, & Stretch	F	8:15-9:00 AM	\$30/\$35	530115-1D	530115-2D	530115-3D
Balance & Strength	TU	8:00-8:45 AM	\$30/\$35	530115-1B	530115-2B	530115-3B
Intro to Weight Training	M	9:00-9:50 AM	\$30/\$35	530116-1A	530116-2A	530116-3A
Intro to Weight Training	W	9:00-9:50 AM	\$30/\$35	530116-1B	530116-2B	530116-3B
Intro to Weight Training	F	9:00-9:50 AM	\$30/\$35	530116-1C	530116-2C	530116-3C
Silver Sneakers	TU	11:15 AM-12:00 PM	\$30/\$35	530111-1A	530111-2A	530111-3A
Silver Sneakers	TH	11:15 AM-12:00 PM	\$30/\$35	530111-1B	530111-2B	530111-3B
SPIF Fusion	TU	1:30-2:15 PM	\$30/\$35	530121-1B	530121-2B	530121-3B
SPIF Fusion	TH	10:15-11:00 AM	\$30/\$35	530121-1A	530121-2A	530121-3A
SPIF Fusion	TH	1:30-2:15 PM	\$30/\$35	530121-1C	530121-2C	530121-3C
Zumba Gold	TU	10:15-11:00 AM	\$30/\$35	530119-1A	530119-2A	530119-3A
Zumba Gold	TH	8:00-8:45 AM	\$30/\$35	530119-1B	530119-2B	530119-3B

\* No Class: Sunday, Mar. 10 - Saturday, Mar. 16



# OLDER ADULT FITNESS ZOOM

**ZOOM OLDER ADULT CLASSES** - These fun classes are for older adults or those who are looking for a less intense workout. Join in our Balance classes, Spif Classes, or Zumba Gold.

## LOCATION: VIRTUAL

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Zoom Balance Strength Stretch	M	9:15-10:00 AM	\$30/\$35	530705-1A	530705-2A	530705-3A
Zoom Balance Strength Stretch	W	8:15-9:00 AM	\$30/\$35	530705-1F	530705-2F	530705-3F
Zoom Balance Strength Stretch	F	8:15-9:00 AM	\$30/\$35	530705-1B	530705-2B	530705-3B
Zoom SPiF Fusion	TH	10:15-11:00 AM	\$30/\$35	530705-1C	530705-2C	530705-3C
Zoom Zumba Gold	TU	10:15-11:00 AM	\$30/\$35	530705-1D	530705-2D	530705-3D
Zoom Zumba Gold	TH	8:00-8:45 AM	\$30/\$35	530705-1E	530705-2E	530705-3E

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16

# YOGA

**CHAIR YOGA** - Chair Yoga provides a safe, gentle form of Yoga designed for those who have difficulty getting to the floor in traditional Yoga. With the support of a chair (used for sitting or standing), you will learn Yoga postures and breathing techniques designed to help you increase flexibility and improve your range of motion.

**GENTLE YOGA** - This class invites you to increase your flexibility, strength, and well-being by exploring gentle movements that open and release the body. Students are led through stretches, yoga postures, and simple breathing practices and guided into deep progressive relaxation. This is an ideal class for those with chronic pain or stress, those returning from illness or injury, or anyone who would like a gentle approach.

**YOGA FOR BEGINNERS** - This is a more accessible class for beginners or those who enjoy a gentler practice. Props support the body and help you find postures that bring a healing, relaxing, and calming effect to mind, body, and spirit.

**YOGA** - Students of all levels are encouraged to participate. This class is designed to develop body awareness, learn postures (asanas), alignment, and become familiar with yogic breathing techniques in a relaxing atmosphere.

## LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* FEB 12-MAR 30	SESSION 3 APR 1-MAY 12
Chair Yoga	W	1:05-1:50 PM	\$36/\$41	530205-1A	530205-2A	530205-3A
Gentle Yoga	M	1:05-1:50 PM	\$36/\$41	530203-1A	530203-2A	530203-3A
Gentle Yoga	W	10:15-11:00 AM	\$36/\$41	530203-1B	530203-2B	530203-3B
Gentle Yoga	F	10:15-11:00 AM	\$36/\$41	530203-1C	530203-2C	530203-3C
Yoga for Beginners	TH	1:05-2:00 PM	\$36/\$41	530202-1D	530202-2D	530202-3D
Yoga	TU	6:30-7:15 PM	\$36/\$41	530201-1A	530201-2A	530201-3A
Yoga	W	4:30-5:15 PM	\$36/\$41	530201-1C	530201-2C	530201-3C
Yoga	TH	5:30-6:15 PM	\$36/\$41	530201-1D	530201-2D	530201-3D
Yoga	SU	4:00-5:00 PM	\$36/\$41	530201-1E	530201-2E	530201-3E

\* No Class: Sunday, Mar. 10 – Saturday, Mar. 16

# YOGA (CONTINUED)

## BASICS

**YOGA BASICS** - Welcome to Yoga! This workshop is designed to familiarize beginners with basic Yoga postures and breathing techniques. With an emphasis on personal instruction, this class gives you a solid foundation before moving into and on to other Yoga classes. All levels welcome.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 14-FEB 4	SESSION 2 APR 7-APR 28
Yoga Basics	SU	6:00-6:45 PM	\$24/\$29	530207-1A	530207-2A

## ZOOM

**ZOOM YOGA CLASSES** - Yoga classes are offered virtually. These classes are designed to increase flexibility, strength, and well-being. All levels are welcome.

**LOCATION: VIRTUAL**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 3-FEB 11	SESSION 2* JAN 12-MAR 30	SESSION 3 APR 1-MAY 12
Zoom Gentle Yoga	M	1:05-1:50 PM	\$36/\$41	530715-1E	530715-2E	530715-3E
Zoom Gentle Yoga	W	10:15-11:00 AM	\$36/\$41	530715-1F	530715-2F	530715-3F
Zoom Gentle Yoga	F	10:15-11:00 AM	\$36/\$41	530715-1G	530715-2G	530715-3G
Zoom Yoga for Beginners	TH	1:05-2:00 PM	\$36/\$41	530715-1L	530715-2L	530715-3L
Zoom Yoga	TU	6:30-7:15 PM	\$36/\$41	530715-1A	530715-2A	530715-3A
Zoom Yoga	W	4:30-5:15 PM	\$36/\$41	530715-1B	530715-2B	530715-3B
Zoom Yoga	TH	5:30-6:15 PM	\$36/\$41	530715-1D	530715-2D	530715-3D
Zoom Yoga	SU	4:00-5:00 PM	\$36/\$41	530715-1H	530715-2H	530715-3H

\* No Class: Sunday, Mar. 10 - Saturday, Mar. 16

# HEALTHY FOOT

**HEALTHY FOOT CLASS** - If you have feet, this class is for you! Do you have problems with balance? What about foot pain associated with bunions, hammer toe, plantar fasciitis? Knee pain? Back pain? This class will help you alleviate or prevent these problems. The class will start with proper alignment, add in stretches, and review lifestyle changes you can make to keep your feet healthy. Get ready to kick off those shoes (this is a barefoot class) and learn more about your feet!

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 30-FEB 20	SESSION 2 APR 2-APR 23
Healthy Foot Class	TU	9:15-10:15 AM	\$24/\$29	530925-1A	530925-2A

# DANCE

## LINE DANCE

**LINE DANCING** - Learn the basics of Country Line Dancing! You will be taught a variety of dances during a six-week class beginning with the favorite "Electric Slide"! This is a great form of exercise in a fun-filled environment. No experience necessary, no partners needed.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 22-FEB 26	SESSION 2 MAR 25-APR 29
Line Dancing	M	4:30-5:15 PM	\$38/\$43	390330-1A	390330-2A

## WEST COAST SWING

**BEGINNER:** Join us in our West Coast Swing (WCS) dance class! In this open style dance class, no experience or partner is necessary. Partners rotate during the class so you will get to dance with various partners. In this beginners WCS class focus is on the 6-count basic rhythm patterns and turns, as well as lead/follow connection and technique. WCS is a social dance and can be danced to almost any 4-count music including R&B, Hip Hop, Lyrical, and Blues.

**INTERMEDIATE:** Take things up a notch with our Intermediate West Coast Swing class. The intermediate class offers dancers with some experience a chance to learn more complex patterns, styling, and techniques.

**LOCATION: COMMUNITY CENTER, 515 CLARK AVE.**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 22-FEB 26	SESSION 2 MAR 25-APR 29
Beginner	M	6:45-7:45 PM	\$38/\$43	390355-1A	390355-2A
Intermediate	M	7:45-8:45 PM	\$38/\$43	390355-1B	390355-2B

# TRAINING SESSIONS

## PERSONAL TRAINING

At Ames Parks & Recreation, our Nationally Certified Personal Trainers can assist you in reaching your fitness goals through one-on-one or semi-private training, whether you are looking to lose weight, build strength and endurance, or are recovering from an injury.

- Our trainers help to establish realistic and attainable goals.
- They will develop an exercise program specific to your individual needs, health status and limitations.
- Assure proper exercise technique, program design and progression to avoid common mistakes and exercise-related injuries.
- Integrate variety into your exercise routine to avoid boredom and training plateaus.
- Provide positive encouragement, motivation, and accountability.

Your personal training journey begins with an in-depth questionnaire of your lifestyle, needs and goals. Then, you'll be matched with one of our trainers who will work with you to build a customized fitness plan and provide instruction, encouragement, motivation and accountability along the way.

Packages of five or more sessions include a FREE In-Body Scan and consultation. Find more information about the InBody scan on page 17.

To get started working with a Personal Trainer contact Nancy Shaw, Public Wellness Manager at 515-239-5353 or [nancy.shaw@cityofames.org](mailto:nancy.shaw@cityofames.org)

TRAINING PACKAGES	PRIVATE FEE	SEMI-PRIVATE FEE*
<b>SUPER SINGLE</b>	\$52	\$31
<b>THREE SESSIONS</b>	\$149	\$88
<b>FIVE SESSIONS</b>	\$247	\$152
<b>TEN SESSIONS</b>	\$437	\$268
<b>FIFTEEN SESSIONS</b>	\$566	\$366

\* FEE PER PERSON, PER ONE HOUR SESSION

## STRENGTH & CARDIO TRAINING

Come reap the benefits of strength training in the Community Center Weight Room. The weight room is equipped with CYBEX weight equipment, and the cardio room features Life Fitness Treadmills, Precor Ellipticals, a Nustep, Upright and Recumbent Bikes, Rowing Machine, and a Power Step Mill. Music and televisions are available to enhance your workout enjoyment

SCAN CARD	FEE
10 Visit Package	\$42
30 Visit Package	\$95
50 Visit Package	\$131
100 Visit Package	\$210

### \*PLEASE NOTE\*

All participants must complete a weight room orientation prior to using the facility. Please phone 515-239-5353 to schedule an orientation. Children must complete grade 6 prior to using the weight room, children in grades 7 and 8 must be accompanied by a guardian.

**ORIENTATION FEE:** \$15 (Fee includes orientation to the weight room and cardio room equipment)

**JUNIOR HIGH & HIGH SCHOOL ORIENTATION FEE:** \$35 (For kids who need a strength training program but are not sure where to start. A personal trainer will set up a program and make sure they know how to safely use the equipment.)

# PILATES REFORMER TRAINING

Pilates reformer training is a wonderful balance to your regular strength training routine. It's low-impact and easy on the joints.

The Pilates reformer is a unique machine with different attachments and equipment that uses spring tension for resistance. There are a variety of exercises on the reformer at the essential, intermediate, and advanced levels. Each exercise is catered to YOUR body and YOUR postural needs.

Pilates improves your core strength, which is the building block of movement, strength, and agility. Pilates is a great way to improve balance as you're building strength in not only the large muscle groups but the small ones too. With this amazing workout you will exercise your entire body in the safest movement.

With the Reformer's multiple attachments, moving carriage, cables and progressive resistance system, you'll find yourself challenged for your fitness level!

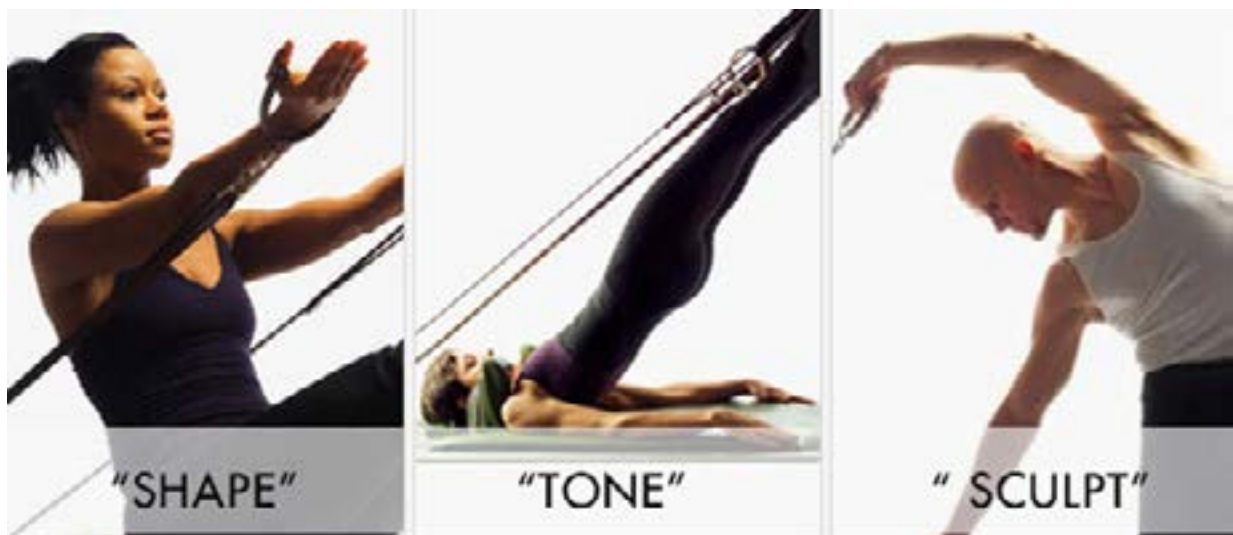
Reformer training can help you achieve:

- Greater muscular strength and endurance
- A boost in your energy and metabolism
- Changes in your body composition
- Long lean muscles
- Increased cardio-respiratory fitness
- Improved agility, awareness and physical control
- Greatly improved balance and flexibility
- Increased core strength and improved postural alignment

Purchase a reformer training package of five or ten sessions and receive a FREE in-body scan and consultation. Find more information about the InBody scan on page 17.

## REFORMER TRAINING PACKAGES FEE

<b>ONE SESSION</b>	\$44
<b>FIVE SESSIONS</b>	\$219
<b>TEN SESSIONS</b>	\$390



# TAE KWON DO (TKD) - ALL AGES

**TKD** - Focus the mind and strengthen the body in Tae Kwon Do! This popular martial arts class is open to individuals aged 8 and older. Promoting leadership and cooperation among individuals, Tae Kwon Do also enhances self-confidence, balance, flexibility, and physical endurance. The registration fee covers class instruction. Testing opportunities are held throughout the year. A dobok uniform is required for testing and is not included in the registration fee but can be purchased through the instructors.

Beginner Level = White Belt  
 Intermediate Level = Yellow-Green Belt  
 Advanced Level = Blue Belt and above.

**TKD ALL LEVELS** - Open to all TKD students.

**TKD COMPETITION CLASS** - This class is a great way for students to learn and practice Tae Kwon Do forms and spar in preparation for competition! Participants must be at least a yellow belt to register.

**LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 9-MAR 3	SESSION 2* MAR 5-MAY 5
Beginner	TU	6:00-7:00 PM	\$34.75/\$39.75	530401-1A	530401-2A
Beginner	TH	6:00-7:00 PM	\$34.75/\$39.75	530401-1B	530401-2B
Intermediate	TU	7:00-8:00 PM	\$34.75/\$39.75	530402-1A	530402-2A
Intermediate	TH	7:00-8:00 PM	\$34.75/\$39.75	530402-1B	530402-2B
Advanced	TU	8:00-9:00 PM	\$34.75/\$39.75	530403-1A	530403-2A
Advanced	TH	8:00-9:00 PM	\$34.75/\$39.75	530403-1B	530403-2B
NEW! All Levels	W	6:00-7:00 PM	\$34.75/\$39.75	530404-1B	530404-2B
All Levels	SU	6:00-7:00 PM	\$34.75/\$39.75	530404-1A	530404-2A
Competition	SU	7:00-8:00 PM	\$34.75/\$39.75	530405-1A	530405-2A

\* No Class: Sunday, Mar. 10 – Thursday, Mar. 14 and Sunday, Mar. 31.

# TAE KWON DO DRAGON

**TKD DRAGON** - This class is designed for students 5 - 7 years of age. Basic Tae Kwon Do will be taught through games and age-appropriate practical exercises. The focus will be on coordination, balance flexibility, and following directions.

Beginner Level = White Belt  
 Intermediate Level = Yellow-Green Belt

**LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 9-MAR 3	SESSION 2* MAR 5-MAY 5
Dragon Beginner	SU	3:45-4:15 PM	\$34.75/\$39.75	530410-1A	530410-2A
Dragon Beginner	SU	4:30-5:00 PM	\$34.75/\$39.75	530410-1B	530410-2B
Dragon Intermediate	SU	5:15-6:00 PM	\$34.75/\$39.75	530411-1A	530411-2A

\* No Class: Sunday, Mar. 10 – Thursday, Mar. 14 and Sunday, Mar. 31.



# MEASURE YOUR BODY COMPOSITION WITH THE

## INBODY ✨

# 570



### MEASUREMENTS INCLUDE:

- MUSCLE MASS
- BODY FAT PERCENTAGE
- WATER LEVELS
- MUSCLE IMBALANCES
- VISCERAL FAT
- BASAL METABOLIC RATE
- AND MORE!

**PRICING: \$30/SCAN\***

**WANT TO SCHEDULE A SCAN?**

Contact Nancy Shaw  
515-239-5353  
nancy.shaw@cityofames.org

### HOW DOES IT WORK?

When you stand on the InBody scale and hold the handles, the machine sends tiny electrical impulses through your body, a technology called bioelectrical impedance. The impulses, which you can't feel, are able to differentiate between different types of body tissue, such as muscle, water, and fat.

*\*Individuals who are pregnant, have a pacemaker, or who cannot stand without assistance are not eligible to receive a scan for safety reasons.*



## WALK WITH EASE A program for better living!



- *WWE is for older adults age 65+.*
- *Participants must be able to stand for 10 consecutive minutes, without increasing pain.*
- *The use of a walker or cane is permitted.*
- *Safe to begin exercise.*

**Walk with Ease** is a six-week intervention program designed to help individuals become more physically active through walking. Participants will learn skills to build healthy habits. Walk with Ease is an evidence-based walking program designed by the Arthritis Foundation. Originally created to help individuals with arthritis stay active and reduce pain this program may also be beneficial for the prevention and management of other chronic diseases due to its emphasis on physical activity via walking.

**We are currently recruiting participants for this FREE I.S.U. research study designed to evaluate the effectiveness of the Walk with Ease intervention program for building healthy habits, improving function and reducing risk of falls. Takes place at Ames Community Center.**

To enroll or to learn more,

please contact [WalkwithEase@iastate.edu](mailto:WalkwithEase@iastate.edu)



ISU IRB: 19-223-00  
Approved Date: 03/29/2022  
Expiration Date: N/A