

Wellness Fall 2024 Fitness & Yoga Schedule

TIME	ROOM	MON	TUES	WED	THUR	FRI	SAT
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)	Zumba
10:15 AM	AR			Gentle Yoga	Cardio & Strength Fusion	Gentle Yoga	
11:15 AM	GYM		Silver Sneakers®		Silver Sneakers®		
12:10 PM	AR	Simply Strength	Tramp Fusion	Pilates Fusion	Simply Strength	Zumba	
1:05 PM	AR	Gentle Yoga					SUN
1:30 PM	WR		Strength Circuit		Strength Circuit		
4:30 PM	AR	Core Power Fusion	Simply Strength	Yoga	Simply Strength		Yoga (4:00 PM)
5:30 PM	GYM	Zumba		Zumba			
5:30 PM	AR	Pilates Fusion	Boxing Bootcamp	Step Interval	Yoga		
6:30 PM	AR	Simply Strength		Xpress Strength			

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

FITNESS FEES (SIX-WEEK SESSION)

	Resident	Non-Resident
Fitness classes	\$37.50	\$42.50

FITNESS SESSION DATES

November 11-December 22 (No classes after 4 pm Nov. 27 and no classes Nov. 28-Dec. 1)

GROUP FITNESS SPECIAL:

Register for any combination of THREE Fitness, Cycle, TRX and/or Yoga classes and attend unlimited classes!

ROOM KEY

AR = Aerobics Room
 GYM = Community Center Gym
 MPR = Multipurpose Room
 WR = Weight Room
 60 FWD = Sixty Forward

Wellness Fall 2024 Fitness & Yoga Schedule

TIME	ROOM	MON	TUES	WED	THUR	FRIDAY	SAT
5:30 AM	MPR	Cycle Interval		Cycle Interval		Cycle Interval	
8:00 AM	MPR						Cycle Interval
9:15 AM	MPR	Cycle Strength					
12:10 PM	MPR	TRX for Beginners			Tramp & TRX	Power Body Blast	
4:30 PM	MPR			TRX			
5:30 PM	MPR	TRX		TRX			

LOCATION: MULTI-PURPOSE ROOM, 515 CLARK AVE.

Sixty Forward Fitness Schedule

TIME		MON	TUES	WED	THUR	FRIDAY
9:15 AM	60 FWD			Balance, Strength & Stretch		
10:00 AM	60 FWD		Zumba Gold (10:15 AM)		Yoga	
11:00 AM	60 FWD	Chair Yoga	Beginning Tai Chi	Chair Yoga		Gentle Yoga
12:00 PM	60 FWD			Seated Strength & Stretch		
1:00 PM	60 FWD	Gentle Yoga		Cardio & Strength Fusion		
4:30 PM	60 FWD		Yoga – Low & Slow		Dance Fusion	

LOCATION: SIXTY FORWARD, 205 S. WALNUT AVE.

FITNESS FEES (SIX WEEK SESSION)

	Resident	Non-Resident
Fitness Classes	\$37.50	\$42.50

FITNESS SESSION DATES

November 11-December 22 (No classes after 4 pm Nov. 27 and no classes Nov. 28-Dec. 1)

GROUP FITNESS SPECIAL:

Register for any combination of **THREE** Fitness, Cycle, TRX and/or Yoga classes and attend unlimited classes!

For more information contact Nancy Shaw, Public Wellness Manager, 515-239-5353, nancy.shaw@cityofames.org

Wellness Fall 2024 Fitness & Yoga Schedule

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

BEGINNING TAI CHI: Tai Chi is an exercise based on Chinese martial arts but has been shown to improve health and balance. In our beginner class you will learn the standard 24-posture form with emphasis on relaxation, balance and mind-body harmony.

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.

CARDIO & STRENGTH FUSION: High energy fun focusing on cardio exercise combined with strength and stretching to keep the heart healthy, increase muscular strength and improve range of motion.

CARDIO PUMP: The perfect union of cardio and muscle featuring half cardio and half strength!

CHAIR YOGA: A safe, gentle form of Yoga designed for those who have difficulty getting to the floor.

CORE POWER FUSION: Develop a strong core in this 35-minute express class! This class includes total powerful techniques that will strengthen your entire core with the bonus of mobility and flexibility training.

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!

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

DANCE FUSION: Geared to those 60+ who want a fun workout dancing to music from the 60's to today. Light weights will be integrated into the choreography to get a full-body workout.

GENTLE YOGA: Gentle Yoga invites you to increase your flexibility, strength, and well-being by exploring gentle movements that open and release the body. This is an ideal class for those with chronic pain or stress.

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: Our new weight training circuit class held in the weight room taught by a Personal Trainer will assist you in learning basic strength exercises using the Life Fitness machines, bands and free weights.

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: Experience a modern twist to Pilates incorporating strength training and mobility exercises.

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.

For more information contact Nancy Shaw, Public Wellness Manager, 515-239-5353, nancy.shaw@cityofames.org

Wellness Fall 2024 Fitness & Yoga Schedule

SEATED STRENGTH & STRENGTH: Join us in this chair class, where dumbbells and tubes will be incorporated to help build strength & flexibility.

SILVER SNEAKERS: Have fun and move to the music in this chair-based class designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance.

SIMPLY STRENGTH: This strength training class will help you increase strength and endurance using a variety of fitness equipment. Add this class to your schedule to help you build a lean, strong physique.

STEP INTERVAL: This unique class combines cardio and strength intervals with challenging step choreography!

STRENGTH CIRCUIT: This intermediate level strength circuit class is for those users who are familiar with the Life Fitness strength equipment and would like to workout in the weightroom in a class setting.

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!

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. Come prepared to train and work hard.

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 BEGINNER: This class will guide you through a TRX workout by introducing basic foundational exercises through easy-to-follow progressions. A total body workout that will leave you hooked!

XPRESS STRENGTH: A total body workout that will burn calories and build lean muscle in 35-minutes!

YOGA: This mind-body workout combines strengthening and stretching poses with deep breathing, meditation and relaxation. Learn Yoga postures (asanas), alignment and yogic breathing techniques. Students of all levels are welcome!

YOGA LOW & SLOW: This new Yoga class incorporates movements (SATYA) done low on the floor without force to increase somatic awareness. Class will end with restorative postures & meditations.

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 fun moves!

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