

MAKE-UP/DROP-IN FITNESS CLASSES

Fall Session 3: November 11-December 22, 2024

(No classes after 4 pm November 27 and no classes November 28-December 1)

- ✓ The Classes listed are make-up/drop-in classes. Pay \$8 drop-in fee per class at front desk.
- ✓ When attending a class, please introduce yourself to the instructor of that class.
- ✓ Participants attending a FULL class for make-up purposes will be unable to stay if the class is at capacity - class size is limited by facility and/or equipment availability.

TIME		MON	TUES	WED	THURS	FRI	SAT
8:00 AM	AR		Balance & Strength (Gym)	Balance, Strength & Stretch (8:15 AM)	Zumba Gold	Balance, Strength & Stretch (8:15 AM)	Hi/Lo Body Sculpt
9:00 AM	WR	FULL		FULL		FULL	
9:15 AM	AR	FULL	Simply Strength	Zumba	FULL	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	
4:30 PM	AR	Core Power Fusion	Simply Strength	Yoga			SUN Yoga (4:00 PM)
5:30 PM	AR	Pilates Fusion	Boxing Bootcamp	Step Interval	Yoga		
5:30 PM	GYM	Zumba		Zumba			
6:30 PM	AR	Simply Strength		Xpress Strength			

AR = Aerobics Room GYM = Gymnasium WR = Weight Room

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

OVER FOR SIXTY FORWARD & OTHER MAKEUP CLASSES

MAKE-UP/DROP-IN CYCLE/TRX CLASSES

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TIME		MON	TUES	WED	THURS	FRI	SAT
5:30 AM	MPR	Cycle Interval (6 bikes open)		Cycle Interval (5 bikes open)		Cycle Interval (1 bike open)	
8:00 AM	MPR						Cycle Interval (3 bikes open)
9:15 AM	MPR	FULL					
12:10 PM	MPR				TRX & Tramp (3 straps open)	FULL	
4:30 PM	MPR			TRX (1 strap open)			
5:30 PM	MPR	TRX (1 strap open)		TRX (2 straps open)			

MPR = Multi-Purpose Room

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

Please note: TRX straps and bikes are available on a first-come, first served basis. If you want to reserve one, please contact Nancy Shaw at 515-239-5353 or nancy.shaw@cityofames.org

MAKE-UP/DROP-IN SIXTY FORWARD CLASSES

Fall Session 3: November 11-December 22, 2024

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- ✓ The Classes listed are make-up/drop-in classes. Pay \$8 drop-in fee per class by calling 515-239-5350.
- ✓ Participants attending a FULL class for make-up purposes will be unable to stay if the class is at capacity – class size is limited by facility and/or equipment availability.

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

LOCATION: 60 FORWARD, 205 S. WALNUT AVE.