

## **Health Fitness Land Class Schedule**

Most classes are in the Functional Training Area.

Exceptions: Yoga, Sprint & Pound (Chief Room) & Burn it Off (Hawkeye Room)

|                  | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday       |
|------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|
| 5:15-6:00am      | Body Pump          |                    | Body Pump          |                    |                    |                |
| 5:15 - 5:45am    |                    |                    |                    | Strength Circuit   |                    |                |
| 6:00 - 6:30am    |                    |                    |                    | Sprint             |                    |                |
| 6:15 - 6:45am    | Sprint             |                    | Cardio Core        |                    |                    |                |
| 8:00 - 8:45am    | Functional Fitness | Functional Fitness | Functional Fitness | Functional Fitness | Functional Fitness |                |
| 9:00 - 9:45am    | Active Aging       | Active Aging       | Active Aging       | Active Aging       | Active Aging       | Total Training |
| 11:30am - 1:00pm |                    | Burn It Off        |                    | Burn It Off        |                    |                |
| 12:05 - 12:50pm  | Happy Hour Yoga    |                    | Happy Hour Yoga    |                    |                    |                |
| 1:00 - 2:00pm    |                    | Delay The Disease  |                    | Delay The Disease  |                    |                |
| 4:00 - 4:45pm    | Total Training     | Total Training     | Total Training     | Total Training     |                    |                |
| 5:00 - 5:30pm    | Pound              |                    | Pound              |                    |                    |                |
| 5:00 - 5:45pm    |                    | Body Pump          |                    | Body Pump          |                    |                |
| 5:00 - 5:55pm    |                    | Nightcap Yoga      |                    |                    |                    |                |

### **Land Class Descriptions**

- **Body Pump** – A weight-based fitness class that targets six muscle groups using weight plates, barbells, and an aerobic step. (intermediate-advanced levels)
- **Strength Circuit** – High-intensity class focused on building total body strength. (intermediate-advanced levels)
- **Sprint™** - A high-intensity interval training (HIIT) class done on our Keiser indoor bikes. It is designed to get you the fastest fat-loss and fitness results possible. (intermediate-advanced levels)
- **Functional Fitness** – This class combines resistance training, cardiovascular endurance, core training, and flexibility to keep you functional for your everyday life activities. (all levels)
- **Active Aging** – This class includes cardio and strength moves in a circuit-type format. Exercises can be modified for all abilities. This class will assist in improving cardiovascular and muscular strength, balance, and endurance. (low impact)
- **Burn It Off** – Drop in anytime for the workout of the day provided by our fitness specialists. (all levels)
- **Happy Hour Yoga** – Take your lunch hour to enjoy a Vinyasa-style practice designed to strengthen the body and balance the mind. This class will link breath to movement during seated, standing, and balancing postures. Leave feeling energized and empowered. (all levels)
- **Delay The Disease** – This class helps improve posture, balance, strength, and walking difficulties. This low-impact class done mostly in a chair is designed for people with Parkinson’s disease, but anyone with a movement disorder is encouraged to attend. (low impact)
- **Total Training** – The class focus is quick, challenging, intense bursts of exercise by keeping your heart rate up and burning more fat in less time. (intermediate-advanced levels)
- **Nightcap Yoga** – Wind down your day with a gentle, meditative practice to relax and renew your body, mind and spirit. (all levels)
- **Pound** – Channel you inner rock star with this full-body cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. (all levels)

## ***Health Fitness Aquatic Class Schedule***

|               | Monday         | Tuesday        | Wednesday      | Thursday       | Friday         | Saturday     |
|---------------|----------------|----------------|----------------|----------------|----------------|--------------|
| 7:00-7:40am   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness |
| 8:00-8:40am   | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Open Swim    |
| 9:00-9:40am   | Open Swim      | Open Swim      | Open Swim      | Open Swim      | Open Swim      |              |
| 10:00-10:40am | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness |
| 11:00-11:40am | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Aqua Arthritis | Open Swim    |
| 12:00-12:40pm | Open Swim      | Open Swim      | Open Swim      | Open Swim      | Open Swim      |              |
| 2:00-2:40pm   | Aqua Zen       | Aqua Fitness   | Aqua Zen       | Aqua Fitness   | Aqua Zen       |              |
| 3:00-3:40pm   | Open Swim      | Open Swim      | Open Swim      | Open Swim      | Open Swim      |              |
| 4:00- 4:40pm  | Open Swim      | Open Swim      | Open Swim      | Open Swim      | Open Swim      |              |
| 5:00-5:40pm   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   | Aqua Fitness   |              |

Register for pool times on our app or website ([grhs.clubautomation.com](http://grhs.clubautomation.com)) or call 319-768-4191.

### **Aquatic Class Descriptions**

- **Aqua Fitness** – We crank up the burners for this 40-minute, fast-paced class that will get your heart pumping and your hair wet! Come join the fun!
- **Aqua Arthritis** – This class is designed to maintain normal joint movement, restore flexibility, and reduce pain associated with all forms of arthritis. This class is held in our 93-degree therapy pool, which aids in relieving of muscle tension and soreness. No equipment is needed.
- **Aqua Zen** – This is a low-intensity class that focuses on breath control, balance, and body awareness. If you are seeking a gentle class to challenge your body and focus on your mind, this one is for you. No equipment is needed.
- **Open Swim** – This is a great time to walk, aqua jog, or sit by our whirlpool jets. Instructors are always present for safety.

### **Remember**

- Don't use the pool if you have open sores, blisters, or rashes.
- You must take a shower before getting in the pool. Bring your own towel.