

# AMES PARKS & RECREATION SUMMER DROP IN CLASSES

We will be offering FREE drop-in fitness classes August 8-19.

Try a new class or come to all of them! We will be accepting donations of 1-2 cans of non-perishable food per class for the local food bank. Classes include:

## Tuesday, August 8

**5:30 pm – Extreme Outdoor Bootcamp (Corinn):** Join Coach Corinn at Brookside Park for this fun outdoor workout that is designed for MAXIMUM calorie burn! This challenging class combines cardio and strength to provide a total body workout in the beautiful outdoors. Class will meet at the front entrance of Brookside Park.

## Monday, August 14

**12:10 pm – Power Pump (LuAnn):** Join this unique strength training class working all the major muscle groups!

**4:30-5:00 pm – Core Blast (Nancy):** Blast your core in this 30 minute express class! This class includes total powerful techniques that will strengthen your **entire** core.

**5:30 pm – Cardio Fusion Flow (Lydia):** This new class will feature 35 minutes of HIIT cardio and strength training that will max the calorie burn followed by 20-25 minutes of yoga to stretch and lengthen your muscles.

**5:30 pm – Cardio Dance (Nancy):** Dance to the hottest hits heard on the radio – no complex moves just total cardio dance fun in the gym!

**6:30 pm – Power Pump (Dana):** Join this unique strength training class working all major muscle groups!

**7:30 pm – Yoga (Janae):** Develop body awareness and learn basic postures and alignment.

## Tuesday, August 15

**5:30 am – Total Body Conditioning (Brenda):** This athletic intense workout combines resistance training with cardio for a full-body workout!

**9:10 am – Zumba Gold (Marilyn):** This fun Zumba class is designed for the active, older adult or beginners to Zumba.

**10:15 am – Gentle Yoga (Marilyn):** Increase your flexibility and well being in this Gentle Yoga class.

**12:10 pm - Pilates (Marcia):** This class focuses on core strength, alignment, breath & balance.

**4:30 pm – Power Pump (Nancy):** Join this unique strength training class!

**5:30 pm – HIIT Cardio & Core (Lydia):** The ultimate high intensity interval class! This challenging cardio class alternates high intensity training with recovery.

**6:30 pm – Pound Fitness (Barbara):** Using Ripstix, lightly weighted drumsticks specifically for exercising, POUND Fitness classes transform drumming into an incredible workout!

## Wednesday, August 16

**9:10 am – Cardio Dance (Nancy):** Dance to the hottest hits heard on the radio – no complex moves just total cardio dance fun!

**10:15 am - Spif Fusion (Marilyn):** Your favorite Spif classes with the added bonus of strength, cardio and yoga all fused together.

**11:20 am – Pilates Barre (Kathy):** An intense fusion of Pilates, sculpting and ballet-based exercises.

**12:10 pm –Yoga (Kathy):** Develop body awareness and learn basic postures and alignment.

(CONTINUED ON OTHER SIDE)

### **Wednesday, August 16 (continued)**

**5:00-5:30 pm – Zumba Toning (Chris):** Use weighted toning sticks with Latin infused Zumba moves to create a strength training dance party!

**5:30 pm – Step Interval (Jodi):** This high energy class integrates fun step combos with intervals of power moves & strength training.

**5:30 pm - Zumba (Nancy & Betsy):** Ditch the workout and join the party in the gym!

**6:30 pm – Yoga (Janae):** Develop body awareness and learn basic postures and alignment.

### **Thursday, August 17**

**5:30 am – Power Pump (Brenda):** Join this unique strength training class!

**9:10 am – Pilates Barre (LuAnn):** An intense fusion of Pilates, sculpting and ballet-based exercises.

**11:20 am - Power Pump (Betsy):** A great unique strength training class!

**12:10 pm – Tramp Fusion (Brenda):** This fun workout featuring the JumpSport Trampolines is a cardio workout with strength and core intervals for the total package!

**4:30 pm – Kettlebell Power (Barbara):** Our newest total body workout combines cardio, strength and power to improve total body fitness and blast calories! Using Kettlebells, bodyweight exercises and other equipment you will increase overall strength and endurance and challenge yourself to the next level of fitness!

**5:30 pm – Yoga (Chris):** Develop body awareness and learn basic postures and alignment.

**6:30 pm – K360FIT (Kori):** Mix up your workouts with K360Fit - Insanity, P90X and MMA. Each class will be a different format combining HIIT, strength & agility training plus a focus on core training which will challenge you in different ways and prevent plateaus. You will get results! Modifications are shown so all levels of fitness are welcome. It's your workout!

### **Friday, August 18**

**9:10 am – Cardio & Sculpt (Nancy):** The perfect union of cardio and strength – first half features fun cardio and the second half sculpting.

**10:15 am – Gentle Yoga (Brenda):** Increase your flexibility and wellbeing in this Gentle Yoga class.

**12:10 pm - Zumba (Betsy):** Ditch the workout and join the party!

### **Saturday, August 19**

**9:10 am - Power Pump (Betsy):** A great unique strength training class!

### **CYCLING CLASSES**

*Class is limited to **TEN** for cycling – please call 239-5350 to reserve your spot.*

**Monday, August 14 – 5:30 pm Cycle (Barbara)**

**Friday, August 18 – 5:30 am Cycle (Brenda)**

**Saturday, August 19 – 8 am Cycle (Kori)**

***The new fall session begins Monday, August 21st!***  
***You may register now for all your fall classes online!***