



AMES PARKS & RECREATION HOLIDAY DROP-IN CLASSES

We will be offering **FREE** drop-in fitness classes over the break December 26-January 4. 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.

Friday, December 26

9:30 am – Cardio Pump (Nancy)

12:10 pm – Pilates Fusion (Betsy)

Saturday, December 27

8:00 am – Hi/Lo (Dana)

9:15 am – Simply Strength (Betsy)

10:15 am – Zumba (Betsy)

Monday, December 29

9:15 am – Balance, Strength & Stretch (Nancy)

10:15 am – Pilates Barre (Sarah)

12:10 pm – Simply Strength (Sarah)

4:30 pm – Strength & Core Fusion (Val)

5:30 pm – Zumba (Betsy)

6:30 pm – Simply Strength (Chris)

Tuesday, December 30

9:15 am – Simply Strength (Sarah)

11:15 am - Silver Sneakers (Addie)

12:10 pm – Strength & Core Fusion (Val)

4:30 pm – Simply Strength (Nancy)

5:30 pm – Yoga (Leysan)

Wednesday, December 31

9:15 am – Zumba (Nancy)

12:10 pm – Pilates Fusion (Betsy)

Friday, January 2

8:00 am – Balance, Strength & Stretch (Karen)

9:00 am – Cardio Pump (Nancy)

10:15 am – Gentle Yoga (Leysan)

12:10 pm – Simply Strength (Betsy)

Saturday, January 3

8:00 am – Hi/Lo (Kristen)

9:15 am – Zumba (Nancy)

FREE CYCLING CLASSES

*Cycling classes are limited to **TEN***

Please call the front desk at 239-5350 to reserve a cycle.

Monday, December 29

5:30 am Cycle Interval (Sean)

9:15 am Cycle Strength (Shannon)

Wednesday, December 31

5:30 am Cycle Interval (Sean)

10:00 am – Cycle Party! (Shannon)

Friday, January 2

5:30 am Cycle Interval (Sean)

FREE CLASSES AT SIXTY FORWARD

Class sizes are limited to 15.

Registration is required for the classes at Sixty Forward.

You may register for these classes by calling the Community Center at 515-239-5350.

Friday, December 26

11:00 am Gentle Yoga (Crystal)

Monday, December 29

9:15 am Gentle Yoga (Greg)

10:15 am Balance, Strength & Stretch (Addie)

1:00 pm Gentle Yoga (Brenda)

Tuesday, December 30

9:15 am – Balance, Strength & Stretch (Addie)

10:15 am Zumba Gold (Jeanette)

4:15 pm – Dance Fusion (Chris S.)

Wednesday, December 31

10:15 am - Gentle Yoga (Greg)

Friday, January 2

9:00 am Balance, Strength & Stretch (Leysan)

11:00 am Gentle Yoga (Crystal)

We will be accepting donations of 1-2 cans of non-perishable food per class for the local food bank.

***THE NEW SESSION FOR ALL CLASSES
BEGINS MONDAY, JANUARY 5!***

Register today at amesparkrec.org.