

MAKE-UP/DROP-IN FITNESS CLASSES

FALL SESSION 2: OCTOBER 5th – NOVEMBER 15th

- ✓ 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.
- ✓ Please note: TRX straps and bikes are available on a first-come, first-served basis. If you want to reserve one, please contact Claire Eagan at 515-239-5353 or claire.eagan@cityofames.org

MAKE-UP/DROP-IN COMMUNITY CENTER CLASSES

TIME	ROOM	MON	TUES	WED	THUR	FRI	SAT
8:00 AM	AR	Pilates Barre (8:15 AM)	Balance & Strength (Gym)	Balance Strength & Stretch (8:15 AM) *V	Zumba Gold *V		Hi/Lo Body Sculpt
9:00 AM	WR	FULL		FULL		FULL	
9:15 AM	AR	Balance Strength & Stretch *V	Simply Strength *V	Zumba *V	Pilates Barre *V	Cardio Pump (9:00 AM)	Zumba *V
10:15 AM	AR			Gentle Yoga *V	Cardio & Strength Fusion *V	Gentle Yoga *V	
12:10 PM	MPR				Tramp & TRX	FULL	
12:10 PM	AR	Simply Strength *V	Tramp Fusion	Pilates Fusion	Simply Strength *V	Zumba *V	
1:30 PM	WR		Strength Circuit		Strength Circuit		
4:30 PM	MPR			TRX (2 spots open)			
4:30 PM	AR	Core Power Fusion		Yoga *V			<u>SUNDAY:</u> YOGA (4:00 PM)
5:30 PM	MPR	FULL		FULL			
5:30 PM	AR			Step Interval	FULL		
7:00 PM	AR		Restorative Yoga				

MAKE-UP/DROP-IN FITCH AQUATIC CENTER

TIME	ROOM	MON	TUES	WED	THUR	FRIDAY	SAT
5:30 AM	Fitch	Cycle Interval		Cycle Interval		Cycle Interval	
8:00 AM	Fitch					Balance Strength & Stretch	Cycle Interval
9:00 AM	Fitch	Cycle Strength		Cycle Strength			
11:15 AM	Fitch		Silver Sneakers		Silver Sneakers		
12:10 PM	Fitch						
4:30 PM	Fitch		Simply Strength		Simply Strength		
5:30 PM	Fitch	Zumba	Boxing Bootcamp	Zumba			
6:30 PM	Fitch	FULL		Simply Strength			

MAKE-UP/DROP-IN 60 FORWARD

TIME		MON	TUES	WED	THURS	FRIDAY
9:15 AM	60 FWD	FULL	FULL	FULL	FULL	FULL
10:15 AM	60 FWD	Gentle Yoga (10AM)	FULL		Gentle Yoga	
11:15 AM	60 FWD	FULL		FULL		Gentle Yoga (11am)
12:15 PM	60 FWD		Tai Chi Beginners	Seated Strength and Stretch (12:30pm)	Balance, Strength, and Stretch (12pm)	
1:00 PM	60 FWD	Gentle Yoga			Chair Yoga	