

MAKE-UP/DROP-IN FITNESS CLASSES

Spring Session: April 6-May 17, 2026

- ✓ 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	Balance, Strength & Stretch (8:15 AM)	Zumba Gold	Balance & Strength	Hi/Lo Body Sculpt
9:00 AM	WR	FULL		FULL		FULL	
9:15 AM	AR	Balance & Strength (1 opening)	Simply Strength	Zumba	Pilates Barre	Cardio Pump (9:00 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	SUN
4:30 PM	AR	Core Power Fusion	Simply Strength	Yoga			Yoga (4:00 PM)
5:30 PM	AR	Yoga	Boxing Bootcamp (4 openings)	Step Interval	FULL		
5:30 PM	GYM	Zumba		Zumba			
6:30 PM	AR	Simply Strength	Restorative Yoga (7:00 PM)	Simply 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 (4 bikes open)		Cycle Interval (4 bikes open)		Cycle Interval (1 bike open)	
9:00 AM	MPR	Cycle Strength (3 bikes open)		Cycle Strength (1 bike open)			8:00 AM Cycle Interval (1 bike open)
12:10 PM	MPR				Tramp & TRX (3 straps open)	Power Body Blast (2 openings)	
4:30 PM	MPR			TRX (2 straps open)			
5:30 PM	MPR	TRX (1 strap open)		FULL			

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

MPR = Multi-Purpose Room

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 claire.eagan@cityofames.org or 515-239-5353.

MAKE-UP/DROP-IN SIXTY FORWARD CLASSES

Spring Session: April 6-May 17, 2026

- ✓ 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	Gentle Yoga	FULL	FULL	FULL	FULL (8:45 AM)
10:15 AM	60 FWD	FULL	Zumba Gold (1 spot)	Mobility & Stretch	Gentle Yoga	
11:15 AM	60 FWD	FULL		Chair Yoga		Gentle Yoga (11:00 AM)
12:15 PM	60 FWD		Beginning Tai Chi	Seated Strength & Stretch (12:30 PM)	FULL (12:00 PM)	
1:00 PM	60 FWD	Gentle Yoga				

LOCATION: 60 FORWARD, 205 S. WALNUT AVE.