



## **AMES PARKS & RECREATION SPRING BREAK** **FREE DROP-IN CLASSES AT THE COMMUNITY CENTER**

We will be offering **FREE** drop-in fitness classes over spring break March 16-21. We will be accepting donations of 1-2 cans of non-perishable food per class for the local food bank. Classes resume Sunday, March 22.

### **Monday, March 16**

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

12:10 pm – Simply Strength (Sarah)

4:30 pm – Core Power (Val)

5:30 pm – Zumba (Nancy)

5:30 pm – Yoga (Crystal)

### **Tuesday, March 17**

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

9:15 am – Simply Strength (Sarah)

10:15 am – Yoga (Sarah)

11:15 am – Silver Sneakers (Nancy)

12:10 pm – Tramp Fusion (Val)

4:30 pm – Simply Strength (Nancy)

### **Wednesday, March 18**

9:15 am – Zumba (Nancy)

10:15 am – Gentle Yoga (Greg)

12:10 pm – Pilates Fusion (Sarah)

### **Wednesday, March 18 (cont.)**

4:30 pm – Yoga (Katherine)

5:30 pm – Zumba (Nancy)

6:30 pm – Simply Strength (Val)

### **Thursday, March 19**

8:00 am – Zumba Gold (Jeanette)

9:15 am – Pilates Barre (Sarah)

10:15 am – Cardio & Strength Fusion (Jeanette)

11:15 am – Silver Sneakers (Marilyn)

5:30 pm – Yoga (Leysan)

### **Friday, March 20**

9:00 am – Cardio Pump (Nancy)

10:15 am – Gentle Yoga (Leysan)

12:10 pm – Simply Strength (Sarah)

### **Saturday, March 21**

8:00 am – Hi/Lo Sculpt (Kristen)

9:15 am – Zumba (Nancy)

### **CYCLING CLASSES**

*Cycling classes are limited to TEN.*

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

Monday, March 16, Cycle Strength 9:00 am (Shannon)

Wednesday, March 18, 5:30 am – Cycle Interval (Sean)

Friday, March 20, 5:30 am – Cycle Interval (Sean)

Saturday, March 21, 8:00 am-Cycle Interval (Shannon)

# ***CLASSES RESUME MONDAY, MARCH 23!***



## **AMES PARKS & RECREATION SPRING BREAK FREE DROP-IN CLASSES AT SIXTY FORWARD**

We will be offering **FREE** drop-in fitness classes over spring break March 15-21. We will be accepting donations of 1-2 cans of non-perishable food per class for the local food bank.

**Registration is required for all classes at Sixty Forward.**  
You may register for these classes by calling the Community Center at 515-239-5350.

### **Monday, March 16**

9:15 am – Gentle Yoga (Greg)

1:00 pm – Gentle Yoga (Brenda)

### **Tuesday, March 17**

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

10:15 am Zumba Gold (Jeanette)

### **Wednesday, March 18**

11:15 am – Chair Yoga (Marilyn)

12:30 pm – Seated Strength & Stretch (Marilyn)

### **Thursday, March 19**

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

10:15 am – Gentle Yoga (Sandy)

12:00 pm – Seated Strength & Stretch (Anne)

1:00 pm Chair Yoga-Mobility & Breath (Leysan)

### **Friday, March 20**

8:45 am – Balance, Strength & Stretch (Leysan)

# ***CLASSES RESUME SUNDAY, MARCH 22!***