

AMES PARKS & RECREATION SUMMER DROP IN CLASSES

We will be offering FREE drop-in fitness classes August 16-18.

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:

Thursday, August 16

8:00 am – Zumba Gold (Nancy): This fun Zumba class is designed for the active, older adult or beginners to Zumba.

9:10 am – Cardio Pump (LuAnn): The perfect union of cardio and strength – first half features fun cardio and the second half sculpting.

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

11:20 am – Simply Strength (Betsy): Our newest strength training class will help you increase strength and endurance using a variety of our group fitness equipment. Add this class to your schedule to help you build a lean, strong physique with a workout that is never boring!

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 – STRONG by Zumba (Jodi & Nancy): Are you looking for a more challenging, high intensity interval training workout? Strong by Zumba combines body weight, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move for a total body workout! This is NOT a dance workout!

5:30 pm – Yoga (Chris): Students of all levels are welcome. This Yoga class is designed to learn basic postures, alignment and become familiar with yogic breathing techniques.

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 17

9:10 am – STRONG by Zumba (Nancy): Are you looking for a more challenging, high intensity interval training workout? Strong by Zumba combines body weight, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move for a total body fun workout! This is NOT a dance workout!

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

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

Saturday, August 18

9:10 am – Simply Strength (Chris): Our newest strength training class will help you increase strength and endurance using a variety of our group fitness equipment. Add this class to your schedule to help you build a lean, strong physique with a workout that is never boring!

10:15 am – Zumba (Betsy): Ditch the workout and join our fun Zumba dance party!

CYCLING CLASSES

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

Thursday, August 16 – 5:30 pm Cycle (Kris)

Saturday, August 18 – 8 am Cycle (Kris)

The new fall session begins Monday, August 20th!