



AMES PARKS & RECREATION FREE FITNESS CLASSES JULY 22-27

TIME	SITE	MON	TUES	WED	THURS	FRI	SAT
8:00 AM	AR		Spif Fusion		Zumba Gold	Spif Strength & Stretch	Hi/Lo Body Sculpt
9:00 AM	WR			Spifliff			
9:10 AM	AR	Step & Sculpt	Simply Strength	Cardio Dance	Pilates Barre	Cardio Pump	Simply Strength
10:15 AM	AR	Spif Fusion		Spif Fusion			Zumba
11:15 AM	Gym		Silver Sneakers		Silver Sneakers		
11:20 AM-12:05 PM	AR	Pilates Barre	Core Blast	Pilates Barre	SocaFit		
12:10-12:55 PM	AR	Simply Strength	Pilates	Yoga	Simply Strength	Zumba	
1:10-2:00 PM	AR	Gentle Yoga				Gentle Yoga	
4:30 PM	AR	Core Blast (4:30-5 pm)	Simply Strength	Yoga	Strong by Zumba	Pilates	
5:30 PM	AR	Strong by Zumba	Zumba	Step Interval			
5:30 PM	GYM	Cardio Dance		Zumba			
6:30 PM	AR	Simply Strength		Yoga (6:45 pm)	SocaFit		
7:30 PM	AR	Yoga					

AR = Aerobics Room WR = Weight Room GYM = Gymnasium
(Class Descriptions on Back Side)

THANK YOU for Choosing Ames Parks & Recreation's Wellness Program!

GROUP FITNESS DESCRIPTIONS

CARDIO DANCE: If you love Zumba you'll love our Cardio Dance! In this class we'll dance to the hottest hits heard on the radio. No complex moves just total cardio dance fun!

CARDIO PUMP: The perfect union of cardio, muscle & music. This fun class features half cardio and half power pump using body bars, medicine balls and resistance tubes.

CORE BLAST: Blast your core with powerful techniques that will strengthen your entire core. Come ready to work!

HI/LO SCULPT: Start your weekend right with our Hi/Lo Body Sculpt class! This class features both high and low aerobics using high energy music to get your blood pumping followed by body sculpting using weights and bands to provide the ultimate cardio/strength combo!

PILATES: Our Pilates class will strengthen the deep back and abdominal muscles and create muscular balance. The class will focus on core strength, alignment, breath and balance.

PILATES BARRE: No ballet experience required here! This intense fusion of Pilates, sculpting and ballet-based exercises will change the way your body looks – longer, leaner and stronger!

SilverSneakers@FITNESS PROGRAM: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and balls are offered for resistance and a chair is used for seated and/or standing support.

SIMPLY STRENGTH: 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!

SOCAFIT: SocaFit is a Caribbean-inspired cardio dance workout that explores the dance and music style called Soca. This session infuses upbeat Soca music with fun dancehall moves to give you a full body cardio workout.

SPIF STRENGTH & STRETCH: Spif Strength & Stretch is a strength training class using resistance equipment such as dumbbells, tubing and stability balls followed by flexibility work to give you a complete workout!

SPIFLIFT: Increase bone mass, improve muscular strength and enhance joint health with strength training! This class features a circuit strength-training program using Cybex weight equipment, resistance bands and dumbbells.

SPIF FUSION: Your favorite Spif classes with the added bonus of strength, cardio and yoga all fused together to make an incredible Spif style workout.

STEP & SCULPT: Step and sculpt is a high energy basic step class complete with cardio intervals the first 35 minutes followed by 25 minutes of strength training to provide a complete total body workout!

STEP INTERVAL: This high energy combo class integrates fun step combinations with intervals of power moves and strength training. An awesome workout with fun music and energetic choreography

STRONG by Zumba: Are you looking for a more challenging, high intensity interval training workout? Strong by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more

ZUMBA: Ditch the workout and join the party! Zumba is a Latin based group fitness class that combines amazing, irresistible and international music with dynamic, yet simple exercise moves!

ZUMBA GOLD: This fun Zumba class is designed for the active, older adult or beginners to Zumba. Same great fun, exciting music but easier to follow and taught at a lower intensity. This class will feature some core work and stretching at the end.