# Group Fitness Classes

**October 26 - December 20**

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Indoor Cycling</td>
<td>Boot Camp</td>
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<tr>
<td>11:00AM</td>
<td>Chair Yoga</td>
<td>12:00PM</td>
<td>Yoga Yoga</td>
<td>Yoga Stretch*</td>
<td>12:00PM</td>
<td>Yoga</td>
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<td>4:00PM</td>
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<tr>
<td>TRX Boot Camp</td>
<td>Strength &amp; Tone</td>
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<tr>
<td>Yoga</td>
<td>Yoga</td>
<td>2:00PM</td>
<td>Senior Fitness*</td>
<td>Aquafumba**</td>
<td>Water Aerobics**</td>
<td>Power Pump</td>
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*Note: Registration fees apply. Please pre-register for classes at least 2 days before class start date at the LLRC. A minimum of four registrants is required for classes to run. Must be a minimum of 13 years old to participate.

*LLRC-East **Holiday Inn Pool All other classes are held at the LLRC

Updated 11/3/14

Northwest Iowa Community College

Lifelong Learning & Recreation Center

For class descriptions & more information visit [www.nwicc.edu/recreation-center](http://www.nwicc.edu/recreation-center)
Group Fitness Pricing Options

<table>
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<tr>
<th>8-Week Session Fee</th>
<th>Punch Card</th>
<th>Unlimited*</th>
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<tbody>
<tr>
<td>1 class/week Member $27</td>
<td>Member $35</td>
<td>Single $115</td>
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<tr>
<td>1 class/week Non-Member $36</td>
<td>Non-Member $60</td>
<td>Couple $130</td>
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<tr>
<td>2 classes/week Member $45</td>
<td>Non-Member $59</td>
<td>Family $140</td>
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*Not available for monthly memberships—annual members only. This fee must be paid in full with a valid annual membership. To take advantage members must pre-register for classes at the front desk each session, and classes must have a minimum of four pre-registrations to run during an 8-week session.

Indoor Cycling — LLRC
M 5:30AM • F 5:30AM
Try one of the top-rated group fitness classes—Indoor Cycling! Ride your way through a great cardio workout on indoor cycling bikes with an experienced instructor. **Only 10 bikes available, so sign up NOW!**

Strength & Tone — LLRC
M 5:30PM • M and/or W 4:30PM
Strength & Tone is a total body weight training workout geared toward all fitness levels. Get your strength training in using weights, bands, bars, and TRX.

Aqua Zumba — Holiday Inn Pool
M and/or W 5:30PM
Are you looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba blends the Zumba philosophy with water resistance.

Water Aerobics — Holiday Inn Pool
T 5:30PM
Water Aerobics is a great cardio workout. This class is an excellent source for overall health, fun, and a low-risk fitness opportunity. Swimsuit and towel required.

Senior Fitness — LLRC East
F 2:00PM
Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance, and flexibility. The exercises in this class are proven safe and effective for the aging population.

Yoga — LLRC
SUN and/or T 5:30PM • T and/or TH 12:00noon
Our yoga classes link yoga poses together to create strength, flexibility, endurance, and balance. The class includes a flowing style as well as strength building through held poses. Props may be added and relaxation time is included at the end of class. All levels welcome! Equipment such as yoga mats are available at the LLRC—no need to bring your own!

Chair Yoga — LLRC
TH 11:00AM
Want to ease into the world of Yoga? Seated yoga makes it possible for you to explore this physical and psychological workout whatever your age or ability. Come explore the benefits of yoga for your body and spirit.

Yoga Stretch — LLRC East
T 12:00noon
Yoga Stretch is a relaxed yoga class that focuses on stretching and strengthening with special consideration for injury prevention.

TRX Boot Camp — LLRC
SUN 4:00PM
Our Boot Camp format with an emphasis on using TRX equipment. These workouts will challenge your core, build strength and flexibility throughout your body and can complement any training program. Space is limited, so sign up NOW!

Boot Camp — LLRC
T and/or TH 5:30AM
Use weights, bands, bars, TRX and more to whip your body into its greatest shape. Let us help you spend 2 days a week working towards a stronger you!

Power Pump — LLRC
TH 5:30PM
This class will challenge all of your major muscle groups and give you great results! A simple, easy-to-follow, yet demanding class that incorporates weight lifting, steps, BOSU, and much more.