

# Cedar Falls Rec Center Group Exercise Schedule October 2020

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MPR</b>	8 am		<b>Stretch Yoga</b> Sam		<b>Stretch Yoga</b> Sam			
	9 am	<b>Gentle Yoga</b> MJ		<b>Gentle Yoga</b> Sarah				
	10 am		<b>Simply Stretch</b> (30 Min.) Megan S.		<b>Simply Stretch</b> (30 Min.) Megan S.			
	5:30 pm	<b>Yoga</b> Sam		<b>Yoga</b> Sam				
<b>FIT GYM</b>	5:30 am		<b>Fusion</b> Cindy		<b>Fusion</b> Cindy			
	8 am	<b>Low Impact Aerobics</b> Kim		<b>Low Impact Aerobics</b> Kim				
	9 am		<b>Chisel</b> Sarah		<b>Chisel</b> Sarah			
	10 am	<b>Pilates/Barre</b> Marina		<b>Pilates</b> Ann		<b>Barre</b> Tanya / Megan S.		
	4:30 pm	<b>Chisel</b> Nikki		<b>Chisel</b> Nikki				
	5:30 pm		<b>Powerhouse</b> Helen		<b>Powerhouse</b> Helen			

*\*All classes are 50 minutes in time unless otherwise noted.*

Classes highlighted in **YELLOW** ARE NEW!

In order to provide our members with the safest and best experience possible, the Rec Center holds the right to cancel any class at any time.



## We are so excited to see you!

Due to face masks requirements, we will slowly be adding classes back in that are lower exertion formats.

*We understand this time has been difficult on our members and we are working hard to provide you with the safest and best experiences possible. Thank you for your patience!*

**\*To help promote safety and physical distancing, class sizes will be limited to:**

**10 participants in the MPR**

**15 participants in the Fit Gym**

*All classes will be first come, first served.*

**We encourage participants to bring their own mats and towels if possible.**

***\*Face masks are required to be worn throughout the facility, including in group exercise classes.***

## Class Descriptions

### **Chisel - All Levels**

All the best strength training and muscle toning exercises rolled into one burner of a class. We use a variety of equipment to help provide an effective and fun workout.

### **Fusion - All Levels**

Challenge your body in this muscle-strengthening, mild cardio class. This class fuses together body sculpting, mild cardio movements, and stretching to helping students feel their best. 50 minutes of wake-you-up fun!

### **Low Impact Aerobics - All Levels**

This low impact class will safely increase all areas of fitness for the beginner or those looking for an "easy on the joints" workout. This class uses steps, hand weights, mats, tubes, stability balls, weighted bars and glide discs.

### **Pilates / Barre - All Levels**

**Pilates** is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. The results will transform your body. **Barre** combines pilates, yoga and ballet to give you lean, sculpted muscles without impact! Barre is based on ballet's high rep principles to increase muscle strength and endurance while improving your mind-body connection.

### **Powerhouse - All Levels**

You want tough, gritty lifting sessions? Powerhouse is your answer. Build muscle strength and definition using the most current weight lifting principles including: progressive overload technique, "running the rack" and super sets. Your body will adapt to the constant challenges by getting leaner and stronger.

### **Simply Stretch - All Levels**

Stretching is an important component to your overall well-being. Stretching increases flexibility and range of motion and helps prevent injury and muscle soreness. It also helps improve posture and is a great stress reliever! Finish your mornings with a 30 minute stretch class!

### **Yoga - All Levels**

Yoga focuses on creating a sense of inner calm, relaxation and overall well-being by offering a combination of movements, breathing techniques and meditation to help create strength and flexibility on and off the mat.

PLEASE NOTE: Some equipment may be prohibited for participant safety during COVID-19.

*\*If you have any questions please call: 319-273-8636 or visit [www.cedarfalls.com/fitness](http://www.cedarfalls.com/fitness)*