

Cedar Falls Rec Center Fitness 2017

Fitness Pass 4-month or 1-month

You may purchase a card that permits your unlimited usage to any fitness class that does not require pre-registration. You do not need to be a member of the facility, nor a Cedar Falls resident to attend the fitness classes they are open to the public.

Fees -	\$96.00	4-month pass—Available in Jan, May & Sept
	\$48.00	4 month pass for Rec Center Members
	\$35.00	1-month pass – Available any month
	\$30.00	1-month pass for Rec Members
	\$ 5.00	1- time class try

*Preregistered classes require individual class registration and a separate fee.



PRE-REGISTERED CLASSES

Rock On! 1/2 price with a membership or fitness pass
Extreme Class for Extreme Results! Classes include Cycling, Core Work, Boot Camp, Strength & Kick Boxing.
MWF 5:15am \$52.00/month FitGym Shelly/Staci

Circuit Weight Classes 1/2 price with a membership or fitness pass
Build muscle strength, definition and endurance on strength training equipment. This is the perfect class for those looking to improve and maintain bone density. All fitness levels welcome!
Pre-requisite: circuit weight orientation with a personal trainer; new registrants only
T TH 4:30pm \$28.00/month Jane T.

Cardio-Cycling Class 1/2 price with a membership or fitness pass
Join in our low impact cardio class. Burn calories and strengthen your legs and cardio respiratory system in cardio cycling. All fitness levels welcome!
MWF 8:00am \$42.00/month Staci

HIIT & Kick - All Levels

This workout combines high intensity interval training and kickboxing for a full body workout. Your instructor will design your workouts with multiple levels of intensity to allow you to work to the best of your own personal ability. Challenge yourself! Please remember to bring your kickboxing gloves.

M W 5:30-6:20pm FitGym Cindy

Powerhouse - All Levels

You want tough, gritty lifting sessions? Powerhouse is your answer. You will 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. Get the results you want!

T Th 5:30-6:20pm FitGym Megan

Barre - All Levels

This class combines pilates, yoga and ballet to give you lean, sculpted muscles without impact! Barre is based on ballet's high rep principles to increase muscles strength and endurance. Core and lower body will be challenged without straining tendons or ligaments. Upper body strengthening will not be ignored! Barre will improve your mind-body connection by contrasting between small, precise movements and larger, more dynamic ones. Yep, Barre tones and strengthens. Come see for yourself.

MWF 10:00-10:50am MPR Ann/Megan
T Th 5:00-5:25pm MPR Megan

Body Blast - Intermediate Level

A combination of cardio and strength training exercises will raise your heart rate and kick start your metabolism! This class incorporates all essentials into one powerful workout.

M	5:15-6:05am	FitGym	Cindy
W F	5:15-6:05am	MPR	Cindy/Kristin
MWF	9:00-9:50am	FitGym	Ann/Megan
T Th	10:00-10:30am	FitGym	Ann EXPRESS CLASS
M W	4:30-5:20pm	FitGym	Helen

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.

M W F 8:00am FitGym Kim/Cindy

Yoga/Pilates - All Levels

Improve flexibility, core strength and muscle endurance in our yoga & pilates classes.

Stretch Yoga - All levels	T TH	8:00am MPR	Jane
Sports Yoga - Interm level	M W F	9:00am MPR	MF Varies/ W Jess
	M W	5:30pm MPR	M Austin/W Lindsay
Pilates - All Levels	T TH	5:30-6:00am MPR	Cindy

Chisel - All Levels

All the best strength training and muscle toning exercises rolled into one burner of a class. We use BOSU balls, stability balls, TRX Suspension Trainers, dumbbells, body bars, resistance bands and glide discs for a full body workout.

M W	5:00-5:30pm	MPR	Summer/Lindsay
Sat	9:15am	FitGym	Lindsay
T TH	9:00am	FitGym	Ann
T TH	6:00-6:30am	MPR	Cindy

TRX Trained - All Levels

Strength training using the TRX Suspension training system will challenge and improve your strength, balance and flexibility. Make your body your machine!

T Th 4:30-5:20pm FitGym Helen

Cycling - All Levels

An intense but low impact aerobics class on a spinning bike set to great music and guaranteed to burn calories! First come first serve.

T TH	5:15am	Cycling Room	Jane C.
T TH	9:00am	Cycling Room	Nancy
M W	4:30pm	Cycling Room	Summer/Lindsay
T TH	5:30pm	Resumes in September.....	
Sat	8:30am	Cycling Room	Lindsay
Sat	9:30am	Cycling Room	Staci

Zumba® - All Levels

Dance your way to a fitter you! New, exciting and unique Latin dance moves that target every muscle group.

Sun	4:00pm	Resumes in September.....
M W	10:00am	FitGym Morgan (May) Brenda (June-Aug)



Fit Gym/Multi Purpose Room

CLASS Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blast 5:15-6:05am	Pilates 5:30-6:00am Chisel 6:00-6:30am	Rock On!* 5:15-6:15am Body Blast 5:15-6:05am	Pilates 5:30-6:00am Chisel 6:00-6:30am	Rock On!* 5:15-6:15am Body Blast 5:15-6:05am		
Low Impact 8:00-8:50am	Stretch Yoga 8:00-8:50am	Low Impact 8:00-8:50am	Stretch Yoga 8:00-8:50am	Low Impact 8:00-8:50am		
Sports Yoga 9:00-9:50am Body Blast 9:00-9:50am	Chisel 9:00-9:50am	Sports Yoga 9:00-9:50am Body Blast 9:00-9:50am	Chisel 9:00-9:50am	Sports Yoga 9:00-9:50am Body Blast 9:00-9:50am	Chisel 9:15-9:45am	
Barre 10:00-10:50am Zumba 10:00-10:50am	Body Blast 10:00-10:30am	Barre 10:00-10:50am Zumba 10:00-10:50am	Body Blast 10:00-10:30am	Barre 10:00-10:50am		
Body Blast 4:30-5:20pm	TRX Trained 4:30-5:20pm Barre 5:00-5:25pm	Body Blast 4:30-5:20pm	TRX Trained 4:30-5:20pm Barre 5:00-5:25pm			
Chisel 5:00-5:30pm		Chisel 5:00-5:30pm				
HIIT & Kick 5:30-6:20pm Yoga 5:30-6:20pm	Powerhouse 5:30-6:20pm	HIIT & Kick 5:30-6:20pm Yoga 5:30-6:20pm	Powerhouse 5:30-6:20pm			

***PRE-REGISTERED CLASSES**

www.cedarfalls.com/fitness

Cycling & Circuit Weight CLASS Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rock On* 5:15am	Cycling 5:15-5:55am		Cycling 5:15-5:55am		
Cycling 8:00am		Cycling 8:00am		Cycling 8:00am	Cycling 8:30am
	Cycling 9:00am		Cycling 9:00am		Cycling 9:30am
Cycling 4:30pm	Circuit Weight* 4:30pm	Cycling 4:30pm	Circuit Weight* 4:30pm		

In order to provide our clients with the best possible experience at our facility, the Cedar Falls Recreation Center is proud to hire and train the most qualified fitness instructors for all of our classes based on, but not limited to; their certifications (preferred, but not required), their teaching background, experience, the instructors personality, their availability to teach the majority of the classes during the time/days, ability to help participants modify an exercise and how all these fit or match the individual and the expressed needs of the participants in each class. We welcome your feedback to let us know how we are doing.

Class availability may depend on number of participants signed up on the first of each month. The Rec Center holds the right to cancel any class at any time with less than 7 participants for two consecutive weeks or any class that does not have enough pre-registered participants



**FIT INTO
SUMMER**