

# FREE CLASSES



## Sept. 24 - 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30 AM AQUA ZUMBA			
	6:15 AM BARRE		5:30 AM YOGA RIDE		6:15 AM BARRE	
	9:30 AM WATER AEROBICS	9:30 AM STRENGTH & BALANCE	9:30 AM WATER AEROBICS	9:30 AM STRENGTH & BALANCE	10:30 AM HATHA YOGA	9:00 AM BARRE
		12:00 PM INTERMEDIATE YOGA	12:00 PM HATHA YOGA	12:00 PM INTERMEDIATE YOGA		
4:00 PM TRX BOOT CAMP	4:30 PM STRENGTH & TONE	4:30 PM PiYo	4:30 PM STRENGTH & TONE	4:30 PM PiYo		
5:30 PM VINYASA FLOW YOGA	5:30 PM SWEAT SESSION	5:30 PM POWER VINYASA YOGA	5:30 PM SWEAT SESSION	5:30 PM POWER PUMP	5:00 PM YOGA FOR FLEXIBILITY	
		5:30 PM AQUA ZUMBA		5:30 PM AQUA ZUMBA		
				6:30 PM YOGA EN ESPAÑOL		

Northwest Iowa Community College is pleased to offer these FREE classes at the Lifelong Learning & Recreation Center. Must be a minimum of 13 years old to participate.

**NC NORTHWEST**  
IOWA COMMUNITY COLLEGE

Lifelong Learning & Recreation Center

600 College Drive, Sheldon, IA 51201  
800-352-4907 or 324-2493  
LLRC@nwicc.edu • www.nwicc.edu  
f/nwicc.LLRC • @NCCRcCenter

Holiday Inn Pool LLRC

*Strong Mind. Strong Body.*

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

# FULL CLASS DESCRIPTIONS

## Intermediate Yoga — LLRC

**T 12:00noon • TH 12:00noon**

Our yoga classes link yoga poses together to create strength, flexibility, endurance, and balance. Our Intermediate Yoga class will give you the opportunity to move from simple to more complex postures or asanas. We will focus on alignment and a strong understanding of yoga poses. We welcome all levels, but this class is best suited for those with yoga experience. (Kathleen)

## Hatha Yoga — LLRC

**W 12:00 PM • F 10:30 AM**

Flow-based Hatha Yoga uses movement and breath together to produce a “flow” of postures that lead from one to the next. Great for beginners, but all levels welcome – no experience necessary! (Melissa)

## Power Vinyasa Yoga — LLRC

**TU 5:30 PM**

A more challenging yoga class with an upbeat tempo and Vinyasa style – we’ll incorporate a faster, more challenging flow and introduce more demanding postures. This class will work the entire body to improve strength, balance and flexibility; and increase cardiovascular health and core strength. This class is not suited for beginners, but it is a great class for all other levels. (Melissa/Aon)

## Yoga for Flexibility — LLRC

**F 5:00 PM**

In this class, we will focus on stretching the hamstrings, thighs, hips and psoas muscles. We work on opening the chest and front body to create more space for breath. We incorporate poses to increase strength in the upper back and abdominals. A little less of a flow sequence and a little more stretch. Great for beginners, but all levels welcome – no experience necessary! (Aon)

## Yoga Ride — LLRC

**W 5:30AM**

30 minutes of Indoor Cycling followed by 30 minutes of Yoga. One 60-minute class incorporates cardio, flexibility, and strengthening elements. The Indoor Cycling component will provide participants will calorie-busting cardio, and the Yoga component will follow up with stretching, strengthening, and relaxation. Only 10 bikes available, so sign up NOW! (TBA)

## Yoga en Español — LLRC

**TH 6:30 PM**

Led using cues in both Spanish and English, this class will focus on breath, flowing through asanas or postures. Yoga is great for strength, flexibility, and relaxation. Great for beginners, but all levels welcome – no experience necessary! Llevado usando señales en español e inglés, esta clase se enfocará en la respiración, fluyendo a través de asanas o posturas. Yoga es ideal para la fuerza, flexibilidad y relajación. Ideal para principiantes, pero todos los niveles de bienvenida - sin experiencia necesaria! (Mary)

## Vinyasa Flow Yoga — LLRC

**SU 5:30PM**

The Vinyasa Flow Yoga class will build strength, flexibility, endurance, and balance. Vinyasa class sequencing is built around sun salutations and encourages the link between mindful body movement and breath. This yoga practice connects postures or asanas through breath and is a dynamic class. Prior knowledge of basic poses is beneficial but certainly not necessary. (TBA)

## Barre— LLRC

**M 6:15 AM • F 6:15 AM • SAT 9:00 AM**

Barre Blend fuses exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended class combines the methodology of strength and control to improve body awareness, flexibility and stabilization. (KP on Mon/Fri, Rotation on Sat)

## PiYo — LLRC

**TU 4:30 PM • TH 4:30 PM**

PiYo combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Participants use body weight to perform a series of continuous, targeted moves to define every single muscle – big and small. (Carrie)

## Strength & Balance — LLRC

**T 9:30 AM • TH 9:30 AM**

Regular strength training builds bone strength and reduces the risk of falls by improving muscular strength, posture, balance and flexibility. Join us for a great muscular fitness class led by an experienced instructor. The exercises in this class are proven safe and effective for all levels including the aging population. (Carrie)

## 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. (Carrie)

## Strength & Tone — LLRC

**M 4:30PM • 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. (Carrie & Ricky)

## 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! (Carrie)

## Sweat Session — LLRC

**M 5:30 PM • W 5:30 PM**

Our Sweat Session class is the best new way to keep your body guessing! We will incorporate constantly varied functional movements performed at high intensity intervals. This class will give you a more balanced overall fitness level, increasing your capability and capacity over a broader range of movements and activities. What we plan to do in these workouts will be scalable to accommodate different levels of experiences, injury or other limiting factors. (Carrie & Ricky)

## Water Aerobics — Holiday Inn Pool

**M 9:30 AM • W 9:30 AM**

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. (Carrie)

## Aqua Zumba — Holiday Inn Pool

**T 5:30 PM • W 5:30 AM • TH 5:30 PM**

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. (Angel)