

FREE CLASSES



May 21-27

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 AM BARRE		5:30 AM YOGA RIDE	6:15 AM DAWN YOGA	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 SWEAT SESSION	5:30 PM PiYo	5:30 PM SWEAT SESSION	5:30 PM POWER PUMP		
		5:30 PM AQUA ZUMBA		5:30 PM AQUA ZUMBA		

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.

Holiday Inn Pool LLRC

NC NORTHWEST
IOWA COMMUNITY COLLEGE

Lifelong Learning & Recreation Center

600 College Drive, Sheldon, IA 51201

800-352-4907 or 324-2493

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Strong Mind. Strong Body.

For class descriptions & more information
visit www.nwicc.edu/recreation-center

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)

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! (Greta + Jan)

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 • TU 5:30 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 • 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)

Dawn Yoga — LLRC

TH 6:15 AM

Start off the morning slow to build heat and wake up your body-then move into sequences designed to help you build strength and flexibility. All levels welcome – no experience necessary! (Jan)