

FREE CLASSES



March 19-25

SUN, MARCH 19	MON, MARCH 20	TUES, MARCH 21	WED, MARCH 22	THURS, MARCH 23	FRI, MARCH 24	SAT, MARCH 25
	5:30 AM YOGA RIDE		5:30 AM YOGA RIDE		6:30 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
			11:00 AM CORE CONDITIONING			
	12:00 PM POWER YOGA	12:00 PM INTERMEDIATE YOGA	12:00 PM HATHA YOGA	12:00 PM INTERMEDIATE YOGA	12:00 PM VINYASA FLOW 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		
5:15 PM SIMPLY STRENGTH	5:30 PM SWEAT SESSION	5:30 PM PiYo	5:30 PM SWEAT SESSION	5:30 PM POWER PUMP		
6:15 PM FULL BODY CHALLENGE				5:30 PM AQUA ZUMBA		
		7:00 PM HATHA YOGA				

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

LLRC EAST Holiday Inn Pool LLRC
Sanborn Library

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)

Simply Strength — LLRC

SU 5:15 PM

This strength-based class is designed for participants of all fitness levels and is a great introduction to strength training. We will challenge all major muscle groups using traditional strength training exercises and a variety of equipment. This whole-body workout will incorporate bodyweight and resistance training exercises that will leave you ready to take on the day. (Ricky)

Full Body Challenge — LLRC

SU 6:15 PM

Everyone can benefit from strength training! Full Body Challenge is the perfect class to begin or continue developing stronger muscles. With a variety of class structures to keep workouts fresh, each class will consist of strength training intermixed with moderate to high cardio bursts. This class targets all your major muscle groups, ensuring you receive a "full body challenge". (Ricky)

Hatha Yoga — Sanborn Library

TU 7:00 PM

This yoga class is designed specifically for all who are interested in trying yoga but need to learn the basics. Participants will be introduced to the basic poses (asanas) in yoga and to the principles of proper alignment for a safe yoga practice. (Jan)

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

M 5:30 AM • 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! (Josh + Jan)

Power Yoga — LLRC

M 12 PM

An upbeat yoga workout linking breath and movement. Power Yoga is a fluid, powerful style of yoga that emphasizes movement, balance, and intention. We welcome all levels, but this class is best suited for those with yoga experience. (Aon)

Vinyasa Flow Yoga — LLRC

F 12 PM

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. (Aon)

Barre — LLRC

F 6:30 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 Fridays, Rotation on Saturdays)

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)

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)

Core Conditioning — LLRC East

W 11:00AM

This class features core work! You'll work your entire core and learn new exercises to increase your strength. This class is for all fitness levels and is a great way to give your core the attention it deserves. (Janice)

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

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)