

# GROUP FITNESS CLASSES



## March 26 – May 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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
		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		
	5:30 PM SWEAT SESSION	5:30 PM PiYo	5:30 PM SWEAT SESSION	5:30 PM POWER PUMP		
				5:30 PM AQUA ZUMBA		
		7:00 PM HATHA YOGA				

Note: Registration fees apply. Please pre-register for classes at least 2 days before class start date at the LLRC. A minimum of five registrants is required for classes to run. Must be a minimum of 13 years old to participate.

\*\*Holiday Inn Pool \*\*\*LLRC EAST \*\*\*\*Sanborn Library  
All other classes are held at the LLRC

**NC NORTHWEST**  
IOWA COMMUNITY COLLEGE

Lifelong Learning & Recreation Center

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*Strong Mind. Strong Body.*

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

## 8 WEEK GROUP FITNESS SESSION • March 26 – May 20

Group Fitness Pricing Options						
	8 week session fee		Punch Card (10 punches)		Unlimited*	
	Member	Non-Member	Member	Non-Member	Single	\$125
1 class/week	\$34	\$59	\$59	\$69	Couple	\$149
2 classes/week	\$59	\$99			Family	\$174

\*Not available for monthly memberships—**annual members only**. This fee must be paid in full with a valid annual membership. To take advantage members still must pre-register for classes at the front desk each session, and classes still must have a minimum of four pre-registrations to run during an 8-week session.

### 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 — 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)

### 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)

### 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)