

MARCH

Fitness & Water Aerobic Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:30am	Cardio Blast Susie	Muscle Madness Lynne	Cardio Blast Susie	Muscle Madness Lynne	Cardio Blast Susie
6:15-7:15am	Water Aerobics Marianne		Water Aerobics Marianne		Water Aerobics Marianne
8:30-9:30am	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle
9:30-10:30am	Water Aerobics Michelle		Water Aerobics Michelle		Water Aerobics Michelle
10:30-11:15am	Silver Sneakers MSROM - Susie		Silver Sneakers MSROM - Susie		Silver Sneakers MSROM - Susie
3:30-4:30pm		Water Aerobics Jenny		Water Aerobics Jenny	
4:00-4:45pm	Circuit Training Mandy		Circuit Training Mandy		
5:00-5:40pm	Step & Strength Mandy		Step & Strength Mandy		
5:30-6:30pm		Muscle Madness Lynne		Muscle Madness Lynne	
5:30-6:30pm		Water Aerobics Jenny		Water Aerobics Jenny	
5:45-6:30pm	Cardio Kickbox Mandy		Cardio Kickbox Mandy		
6:35-7:30pm	Power Yoga Mandy		Pilates/Yoga Mandy		

Punch cards:

Members - \$10 for 10 punches / Nonmembers - \$30 for 10 punches

For more information, please call the
Therapy & Wellness Connection at 319-332-0850

APRIL

Fitness & Water Aerobic Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:30am	Cardio Blast Susie	Muscle Madness Lynne	Cardio Blast Susie	Muscle Madness Lynne	Cardio Blast Susie
6:15-7:15am	Water Aerobics Marianne		Water Aerobics Marianne		Water Aerobics Marianne
8:30-9:30am	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle	Water Aerobics Michelle
9:30-10:30am	Water Aerobics Michelle		Water Aerobics Michelle		Water Aerobics Michelle
10:30-11:15am	Silver Sneakers MSROM - Susie		Silver Sneakers MSROM - Susie		Silver Sneakers MSROM - Susie
3:30-4:30pm		Water Aerobics Jenny		Water Aerobics Jenny	
4:00-4:45pm	Circuit Training Mandy		Circuit Training Mandy		
5:00-5:40pm	Step & Strength Mandy		Step & Strength Mandy		
5:30-6:30pm		Water Aerobics Jenny		Water Aerobics Jenny	
5:45-6:30pm	Cardio Kickbox Mandy		Cardio Kickbox Mandy		
6:35-7:30pm	Power Yoga Mandy		Pilates/Yoga Mandy		
7:00-7:45pm		Yoga Stretch Renee		Yoga Stretch Renee	

Punch cards:

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