

Class Schedules

July 2021



We will NOT be broadcasting our classes via "ZOOM"



Group Exercise Studio

Monday

6:00-6:30am Les Mills CX Worx
8:30am-9:30am ZUMBA
9:40-10:40am Les Mills BodyPump
10:50-11:50pm Boomers & Beyond (Strength for Seniors)
12-1pm Les Mills BodyPump
4:45-5:45pm Les Mills BodyCombat

Tuesday

5:30-6:30am Les Mills BodyPump
8:30-9:30am Les Mills BodyStep- **Cancelled for July**
9:40-10:40am Total Body Sculpt
10:50-11:50am (Silver Sneakers) Muscular Strength
4:45-5:45pm Les Mills BodyPump
5:45-6:45pm Karate**

Wednesday

6:00-6:30am Les Mills CX Worx
8:30-9:30am Cardio Core Bootcamp
9:40-10:40am Les Mills BodyPump
10:50-11:50am Boomers & Beyond (Strength for Seniors)
12-1pm Les Mills BodyPump
4:45-5:45pm Les Mills BodyCombat
5:50-6:50pm Les Mills BodyPump

Thursday

5:30-6:30am Les Mills BodyPump
9:40-10:35am Zumba
10:50-11:50am (Silver Sneakers) Muscular Strength
4:45-5:45pm Les Mills BodyPump
5:45-6:45pm Karate**

Friday

8:30-9:30am Mat Pilates
10:50-11:50am Boomers & Beyond (Strength for Seniors) **It's BACK!!!**
12-1pm Les Mills BodyPump

Saturday

8:00-8:30am Les Mills Grit Cardio/Plyo
8:30-9:30am Les Mills BodyPump
9:40-10:40am Les Mills BodyStep

Sunday

8:30-9:30am Les Mills BodyPump- **no class 7/4**
9:40-10:40am Les Mills BodyStep- **no class 7/4**

**Karate is Free for Members. Karate can NOT be used with a punchcard. \$7.50 guest pass must be purchased



WATER AEROBICS

Tuesday

6-7am Aqua Power

Wednesday

9-10am Joint Effort

Thursday

6-7am Joint Effort

Friday

9-10am Aqua Power

Saturday

8-9am Aqua Power



Yoga/Wellness Studio

Monday

5:30-6:30am Les Mills BodyFlow
8:30-9:30am Core Fusion w/Jay
11:45-1:00pm Gentle Yoga- **no class 7/5**

Tuesday

8:30-9:30am Les Mills BodyFlow
5:45-6:45pm Les Mills BodyFlow

Wednesday

11:45-1:00pm Gentle Yoga

Thursday

5:45-6:45pm Vinyasa Yoga

Friday

5:30-6:30am Les Mills BodyFlow
8:30-9:30am Mat Pilates (moved to group ex room)
11:45-1:00pm Gentle Yoga- **no class 7/2**

Saturday

9:35-10:35am Vinyasa Yoga

Sunday



Spinning Studio

Monday

5:30-6:00am Les Mills RPM
5:45-6:30pm Spinning

Tuesday

12:00-1:00pm Spinning

Wednesday

5:30-6:00am Les Mills Sprint
5:45-6:30pm Spinning

Thursday

5:30-6:15am Free-Style Spin- **Cancelled for July**
12:00-1:00pm Spinning

Friday

5:30-6:15am Les Mills RPM

Saturday

Sunday



Personal Training Groups

EXTRA CHARGE FOR HIIT- LOCATED IN FITNESS AREA

Monday

6:30am HIIT (High Intensity Interval Training)
9:45am HIIT (High Intensity Interval Training)

Tuesday

6:30am HIIT (High Intensity Interval Training)
12pm Bootcamp

Wednesday

6:30am HIIT (High Intensity Interval Training)
9:45am HIIT (High Intensity Interval Training)

Thursday

6:30am HIIT (High Intensity Interval Training)
12pm Bootcamp

Friday

6:30am HIIT (High Intensity Interval Training)

Saturday

9:45am HIIT (High Intensity Interval Training)-**Cancelled for July**

North Dodge Athletic Club * 2400 North Dodge St Iowa City, IA 52245 * (319) 351-5683

All of our schedules can also be found online www.ndacgym.com or on Facebook: www.facebook.com/NDACgym/



GROUP CLASS DESCRIPTIONS

Group Exercise Classes



BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Our instructors will pump out energizing tunes, and challenge your limits in a good way, burning calories and leaving you with a sense of achievement.



Step into a **BODYCOMBAT** workout and you'll punch and kick your way to fitness, burning tons of calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.



Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!



Basic stepping, just like walking up and down stairs, is at the heart of **BODYSTEP™** – a full-body cardio workout to really tone your butt and thighs.



Exercising muscles around the core, **CXWORX™** provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports. All the moves in **CXWORX** have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, you will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Cardio Core Bootcamp



This class is Core focused using Pilates based exercises with heart pumping moves. We will focus on strengthening the total body, increasing flexibility and improving overall health. Using the mind/body connection, work major muscle groups incorporating dumbbells, tubing, bosu, step... you name it we use it. Fun for ALL fitness level, options always available. The challenge is yours!

GRIT is a 30 minute High Intensity Interval Training Class (HIIT). This class can help improve your cardiovascular fitness, increase strength, and build lean muscle.

Lower body strength training. Get 40 minutes of great, intense, isolated leg, butt and hip work. Weights are used in this class for resistance. ANYONE at any level can do this class!

TOTAL BODY SCULPT

Strength and resistance training. This class incorporates dumbbells, tubing, resistance balls, BOSU, you name it, we use it. Major and minor muscle groups are worked with Progressive Sets, Drop Sets and Supersets. This is old school, traditional heavy weight training, functional training and core stability. The class is geared towards women of ALL ages who want to get strong. Start at your own level and you will see a difference in 2 weeks.



Zumba® is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Mind & Body Classes



BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During **BODYFLOW** an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

Core Conditioning

This class is designed to promote a balanced musculoskeletal system, resulting in improved core strength, flexibility, good posture, and body awareness.

Flexibility & Mobility for Athletes

This class will focus on stretching and strengthening the primary joints such as ankles, hips, thoracic spine, calf, hamstring, hip flexor, and shoulders. The goal is to improve joint mobility and flexibility, which can help reduce the risk for injuries.

Gentle Yoga

This type of yoga integrates mental focus, various breathing methods and relaxation techniques with traditional Hatha Yoga Asanas (body poses). Modifications and variations to poses will be offered.

Mat Pilates

This class focuses on engaging the mind with the body. Every exercise is performed with attention to breath, proper form and efficient movement patterns. This class will strengthen core, improve balance and increase coordination.

Power Vinyasa Yoga

This class is a dynamic and fast-paced strengthening sequence of postures that synchronize breath with movement and features upbeat music. This type of yoga will build strength, balance, and flexibility through vigorous and revitalizing postures. This fun 60-minute class will help create both mental and physical stamina.

Vinyasa Yoga

This class is designed as a basic yoga class to increase flexibility and strength while emphasizing relaxation using various vinyasas on movement and breath.

Yoga

You will gain more energy, improve strength, flexibility, balance, posture, mood and lung capacity, as well as decrease stress. This class consists of breathing exercises, standing and seated yoga postures and relaxation techniques.

Yoga for Flexibility

Increase your flexibility through the use of a variety of different stretching techniques including yoga, pilates, and traditional stretch.

Yoga Shred

This class combines Yoga HIIT training with yoga flexibility. The first 20 mins will be yoga hiit - moves that are done slower than regular hiit class with more emphasis on form and control. We will end with yoga flexibility and meditation.

Spin/Indoor Cycling Classes

CY-FIT

Cy-Fit is a fusion of heart pounding cardio and full body strength training. 25 minutes on the spin bike and 25 minutes of circuit training.

HEART RATE SPINNING

75 minutes of a high intensity spin class to get your heart rate in your target zone!



RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. In an **RPM** workout you repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness, and you control your own resistance levels and speed!



Combo Class-We'll hit the bike hard for 30 minutes in **RPM™**, followed by 30 minutes **CXWORX** (see class descriptions above).

SPINNING

Indoor cycling is a no-impact, calorie burning workout with invigorating music. All terrain rides with flats, hills, and sprints. We encourage participants to work at their own pace. Spin is for every level of fitness, from beginner to experienced. Bring a bottle of water and arrive a few minutes early to set up your bike!



Sprint is a 30 minute High Intensity Interval Training workout (HIIT) using our indoor spin bikes!

Senior Strength Classes

BOOMERS & BEYOND

Strengthening, balancing, and stretching exercises will be introduced to promote and improve quality of life for participants. Combat osteoporosis with weight bearing activity and have a little fun! Sit or stand option.

MUSCULAR STRENGTH

SILVERSNEAKERS® Muscular Strength & Range of Movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



For all of our Les Mills Brand Classes- you can find out more information online and watch videos @ www.lesmills.com