

Class Schedules

March 2021



PRE REGISTRATION IS REQUIRED if you want a guaranteed spot in a spin class. We only have 10 bikes! To Register, call 319-351-5683, or stop by the front desk

We are "ZOOMING" some of our classes! For more information please email teesa@ndacgym.com



CLASS CAPACITY IS 14 PEOPLE

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
9:40-10:40am Total Body Sculpt
10:50-11:50pm (Silver Sneakers) Muscular Strength
4:45-5:45pm Les Mills BodyPump

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
4:45-5:45pm Les Mills BodyPump

Friday

8:30-9:30am Mat Pilates
12-1pm Les Mills BodyPump

Saturday

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

Sunday

8:30-9:30am Les Mills BodyPump
9:40-10:40am Les Mills BodyStep
3:00-4:00pm Facebook Live Virtual Total Body Sculpt & CX WORX



CLASS CAPACITY IS 14 PEOPLE

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
5:45-6:45pm Power-Yoga Cancelled for March

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

Saturday

9:35-10:35am Vinyasa Yoga

Sunday



CLASS CAPACITY IS 16 PEOPLE

WATER AEROBICS

Tuesday

6-7am Aqua Power

Wednesday

11am-12pm Joint Effort

Thursday

6-7am Joint Effort

Friday

11am-12pm Aqua Power

Saturday

11am-12pm Aqua Power



CLASS CAPACITY IS 10 PEOPLE

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

Thursday

5:30-6:15am Free-Style Spin
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

5:30am, 9:45am HIIT (High Intensity Interval Training)

Tuesday

6:30 AM HIIT (High Intensity Interval Training)

Wednesday

5:30am, 9:45am HIIT (High Intensity Interval Training)

Thursday

6:30 AM HIIT (High Intensity Interval Training)

Friday

5:30am, 9:45am HIIT (High Intensity Interval Training)

Saturday

9:45 AM HIIT (High Intensity Interval Training)

Members can reserve a spot up to 1 week ahead, Non-Members/Punchcard People- can only reserve a spot 24 hrs before the class

Stay 6 ft apart from others during classes

No personal fans are allowed

Face masks are required except while working out

Please wipe down equipment before and after use with cleaning methods provided

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/