## Class Schedules

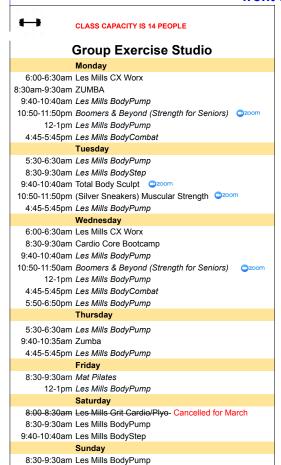
## March 2021





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	33	CLASS CAPACITY IS 10 PEOPLE
Yoga/Wellness Studio		Spinning Studio	
	Monday		Monday
5:30-6:30	am Les Mills BodyFlow	5:30-6:00am	Les Mills RPM
8:30-9:30	am Core Fusion w/Jay	5:45-6:30pm	Spinning
11:45-1:00pm Gentle Yoga		Tuesday	
5:45-6:45	pm Power Yoga Cancelled for March	12:00-1:00pm	Spinning
Tuesday		Wednesday	
8:30-9:30	am Les Mills BodyFlow	5:30-6:00am	Les Mills Sprint
5:45-6:45pm Les Mills BodyFlow		Thursday	
	Wednesday	5:30-6:15am	Free-Style Spin
11:45-1:00	pm Gentle Yoga	12:00-1:00pm	Spinning
	Thursday		Friday
5:45-6:45	pm <i>Vinyasa Yoga</i> 😊zoom	5:30-6:15am	Les Mills RPM
	Friday		Saturday
5:30-6:30am Les Mills BodyFlow			
8:30-9:30am Mat Pilates (moved to group ex room)			Sunday
11:45-1:00pm Gentle Yoga			
Saturday			
9:35-10:35	am Vinyasa Yoga		



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

Stay 6 ft apart from others during classes

No personal fans are allowed

3:00-4:00pm Facebook Live Virtual Total Body Sculpt & CX WORX

9:40-10:40am Les Mills BodyStep

Face masks are required except while working out

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