

FREE
Unlimited
Classes
with
Membership!
\$5.00
Non-Members!

Group Fitness Schedule

July 12 - September 4

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.	Dance Sculpt (60 min) Shaylee	Bootcamp (60 min) Shelly	Cycle Core (60 min) Kayla	Cardio RIP (60 min) Shaylee	Spin & Stretch (60 min) Shaylee	
8:30 a.m.						Instructor Choice (60 min)
9:00 a.m.	RIP (60 min) Kayla	Step & Strength (60 min) Ruth	Barre 3 (60 min) Kayla	Dance Sculpt (60 min) Ruth	Yoga (60 min) Amanda	
12:00 p.m.	Spin & Strength (60 min) Kayla	Bosu HIIT (60 min) Ruth	Cardio RIP (60 min) Kayla	Pace & Pedal (60 min) Amanda		
5:30 p.m.	Zumba (60 min) Shaylee	RIP (60 min) Ruth	Step & Strength (60 min) Kayla	Dance Sculpt (60 min) Ruth		



For more information: 712.732.7722
1307 West Milwaukee Avenue
Storm Lake, Iowa 50588

Note: Classes subject to change.
You must reserve your spot for all classes with the mindbody app
or call 712.732.7722.



Follow us on **facebook** for updates.

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BARRE 3

Uses barre technique, bands and weights. Barre is a total body workout that helps create a lean, toned physique through fun ballet barre movements, resistance bands, and cardio interval training. This class is low impact with high intensity standards.

BOOT CAMP

The fastest way to shape up and lose body fat! Your muscle endurance and cardiovascular conditioning are improved at the same time. Come get your heart rate elevated while you tone and burn fat at the highest rate possible.

BOSU HIIT

HIIT training using a BOSU ball and incorporating strength, stability and core power. Blasts of high intensity, timed movements combined with sequenced stability and strength means that you'll get the most out of your workout.

CARDIO RIP

This class is done in an interval training sequence with high-intensity cardio exercises and switching to weight training. It builds cardiovascular fitness while improving muscular strength and endurance.

CYCLE CORE

A great 45 minute cardiovascular workout on the stationary bike, ending with 15 minutes of core exercises. Our class is set to music tracks to provide an excellent workout and improve cardiovascular conditioning.

DANCE SCULPT

An energetic, light-weight class combining dancing exercises with muscle sculpting exercises. This class is designed to get your heart rate up and tone your muscles simultaneously, and usually consist of several different exercise formats during each – which means there is never a dull moment!

INSTRUCTOR CHOICE

This will be a 60 minute class chosen by the instructor that day. There will be a variety of instructors teaching this class. This class incorporates a wide variety of aerobic and strength training activities.

PACE & PEDAL

Help enhance your running and biking. You are in control of your pace and resistance but with an added push to see how far/fast you can go. Some biking and running strength focus will be included. Weather depending, may be outside.

RIP

A barbell program for those of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their level.

SPIN & STRENGTH

Combine indoor cycling with resistance training. Working on and off the bike, you'll get a calorie blasting, metabolism boosting workout.

SPIN & STRETCH

Get your cardio in with this class designed to boost your metabolism, better your endurance and get you sweating. With yoga like stretches between circuits, get ready to stretch, lengthen and tone for a total body, energizing workout.

STEP & STRENGTH

A beginner step aerobics routine, combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels and is an easy-to-learn and effective workout. Enjoy the benefits of step aerobics which are proven to strengthen and tone muscle groups, and improve coordination.

YOGA

Using movement and breath, we will produce a "flow" of poses to create strength, flexibility, endurance, and balance. You will develop a strong understanding of each pose and your body position and posture. Great for beginners, but all levels welcome.

ZUMBA®

Zumba® fuses motivating Latin music, easy to follow movements and an international zest to create a dynamic fitness program that will blow you away. Ditch the workout and join the party.



BVHMC Fitness & Health Center

Find out how exercise can aid your recovery from cancer.

Our Cancer Exercise Specialists will adapt activities and design safe workouts to fit your needs.

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