

# CLASS SCHEDULE- December 2022



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

Schedules can be found online: [www.ndacgym.com](http://www.ndacgym.com) or  
Facebook: [www.facebook.com/NDACGym](http://www.facebook.com/NDACGym)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GROUP EXERCISE STUDIO</b>						
<p>8:30AM-9:30AM  <b>LES MILLS BODYPUMP</b></p> <p>9:40AM-10:40AM  <b>LES MILLS BODYCOMBAT</b></p>	<p>8:30AM-9:30AM  <b>ZUMBA</b></p> <p>9:40AM-10:40AM  <b>LES MILLS BODYPUMP</b></p> <p>10:50AM-11:50AM Boomers &amp; Beyond (Strength for Seniors)</p> <p>12:00PM- 1:00PM  <b>LES MILLS BODYPUMP</b></p> <p>4:45PM-5:45PM  <b>LES MILLS BODYCOMBAT</b></p> <p>5:50PM-6:50PM  <b>LES MILLS BODYPUMP</b></p>	<p>5:30AM-6:30AM  <b>LES MILLS BODYPUMP</b></p> <p>9:40AM-10:40AM Total Body Sculpt</p> <p>10:50AM-11:50AM Muscular Strength (Silver Sneakers)</p> <p>4:45PM-5:45PM  <b>LES MILLS BODYPUMP</b></p> <p>5:50PM-6:50PM Karate**</p>	<p>6:00AM-6:30AM  <b>LES MILLS CXWORX</b></p> <p>8:30AM-9:30AM Cardio Core Bootcamp</p> <p>9:40AM-10:40AM  <b>LES MILLS BODYPUMP</b></p> <p>10:50AM-11:50AM Boomers &amp; Beyond (Strength for Seniors)</p> <p>12:00PM- 1:00PM  <b>LES MILLS BODYPUMP</b></p> <p>4:45PM-5:45PM  <b>LES MILLS BODYCOMBAT</b></p> <p>5:50PM-6:50PM  <b>LES MILLS BODYPUMP</b></p>	<p>5:30AM-6:30AM  <b>LES MILLS BODYPUMP</b></p> <p>8:30AM-9:30AM Mat Pilates</p> <p>9:40AM-10:40AM  <b>ZUMBA</b></p> <p>10:50AM-11:50AM Muscular Strength (Silver Sneakers)</p> <p>4:45PM-5:45PM  <b>LES MILLS BODYPUMP</b></p> <p>5:50PM-6:50PM Karate**</p>	<p>6:00AM-6:30AM  <b>LES MILLS CXWORX</b></p> <p>8:30AM-9:30AM Mat Pilates</p> <p>10:50AM-11:50AM Boomers &amp; Beyond (Strength for Seniors)</p> <p>12:00PM- 1:00PM  <b>LES MILLS BODYPUMP</b></p>	<p>8:00AM-8:30AM  <b>LES MILLS GRIT</b></p> <p>8:35AM-9:35AM  <b>LES MILLS BODYPUMP</b></p> <p>9:40AM-10:40AM  <b>LES MILLS BODYSTEP</b></p>
<b>YOGA/WELLNESS STUDIO</b>						
	<p>5:30AM-6:30AM  <b>LES MILLS BODYBALANCE</b></p> <p>8:30AM-9:30AM Core Fusion</p> <p>11:45AM-1:00PM Gentle Yoga</p>	<p>8:30AM-9:30AM  <b>LES MILLS BODYBALANCE</b></p> <p>5:45PM-6:45PM  <b>LES MILLS BODYBALANCE</b></p>	<p>11:45AM-1:00PM Gentle Yoga</p>		<p>5:30AM-6:30AM  <b>LES MILLS BODYBALANCE</b></p> <p>11:45AM-1:00PM Gentle Yoga</p>	<p>9:35AM-10:35PM Vinyasa Yoga</p>
<b>SPINNING STUDIO</b>						
	<p>5:30AM-6:15AM  <b>LES MILLS RPM</b></p> <p>5:45PM-6:30PM Spinning</p>	<p>12:00PM- 1:00PM Spinning</p>	<p>5:30AM-6:00AM  <b>LES MILLS SPRINT</b></p> <p>5:45PM-6:30PM Spinning</p>	<p>12:00PM- 1:00PM Spinning</p>	<p>5:30AM-6:00AM  <b>LES MILLS RPM</b></p>	
<b>WATER AEROBICS</b>						
	<p>9:00AM-10:00AM Aqua Fit</p>	<p>6:00AM-7:00AM Aqua Power</p>	<p>9:00AM-10:00AM Aqua Tabata</p>	<p>6:00AM-7:00AM Joint Effort</p>	<p>8:00AM-9:00AM Aqua Power</p>	<p>8:00AM-9:00AM Aqua Power</p>
<b>GROUP TRAINING (HIIT—High Intensity Interval Training) *Extra Charge for HIIT/Bootcamp \$10 Members/ \$12 Guest)</b>						
9:45AM— HIIT	12:00PM—Bootcamp	6:30AM— HIIT	5:30AM— HIIT 12:00PM—Bootcamp	6:30AM— HIIT 12:00PM—Bootcamp	5:30AM— HIIT	

\*karate is free for members and cannot be used with a punchcard. \$7.50 guest pass must be used

## GROUP CLASS DESCRIPTIONS

### Group Exercise Classes

Step into a **Les Mills 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, **Les Mills 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!

**Les Mills BODSTEP™**- Basic stepping, just like walking up and down stairs, a full-body cardio workout to really tone your butt and thighs.

Exercising muscles around the core, **Les Mills 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.

**Cardo 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!

**Les Mills 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.

**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.

### Yoga/Wellness Classes

**Les Mills BODYBALANCE™** is the new BODYFLOW- it is a yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as

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

**Gentle Yoga**- This type of yoga integrates mental focus, various breathing methods and relaxation techniques with traditional Hatha Yoga Asnas, (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

**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.

### Spin/Indoor Cycling Classes

**Les Mills 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

**Les Mills RPM™ & RPM™** 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!

**Les Mills 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.

**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.