

CLASS SCHEDULE- January 2023



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

Schedules can be found online: www.ndacgym.com or
Facebook: www.facebook.com/NDACGym

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