

# CLASS SCHEDULE- September 2024



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 BODYPUMP</b></p> <p>10:50AM-11:50AM  <b>Boomers &amp; Beyond</b>                      (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  <b>Muscular Strength</b>                      (Silver Sneakers)</p> <p>5:15-6:15PM  <b>LES MILLS BODYPUMP</b></p>	<p>6:00AM-6:30AM  <b>LES MILLS CORE</b></p> <p>8:30AM-9:30AM  <b>Cardio Core Bootcamp</b></p> <p>9:40AM-10:40AM  <b>LES MILLS BODYPUMP</b></p> <p>10:50AM-11:50AM  <b>Boomers &amp; Beyond</b>                      (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  <b>ZUMBA</b></p> <p>10:50AM-11:50AM  <b>Muscular Strength</b>                      (Silver Sneakers)</p> <p>5:15-6:15PM  <b>LES MILLS BODYPUMP</b></p>	<p>6:00AM-6:30AM  <b>LES MILLS CORE</b></p> <p>8:30AM-9:30AM  <b>Mat Pilates</b></p> <p>10:50AM-11:50AM  <b>Boomers &amp; Beyond</b>                      (Strength for Seniors)</p> <p>12:00PM- 1:00PM  <b>LES MILLS BODYPUMP</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>9:45AM-10:45AM <i>*New*</i>  <b>Vinyasa Yoga</b></p>	<p>5:30AM-6:30AM  <b>LES MILLS BODYBALANCE</b></p> <p>8:30AM-9:30AM                      Core Fusion</p>	<p>10:45AM-11:45AM  <b>Slow Flow Yoga</b></p> <p>5:45PM-6:45PM  <b>Vinyasa Yoga</b></p>		<p>10:45AM-11:45AM  <b>Slow Flow Yoga</b></p> <p>5:45PM-6:45PM  <b>Vinyasa Yoga</b></p>	<p>5:30AM-6:30AM  <b>LES MILLS BODYBALANCE</b></p>	<p>9:35AM-10:35AM  <b>Vinyasa Yoga</b></p>
<b>SPINNING STUDIO</b>						
	<p>5:30AM-6:15AM  <b>Spinning</b></p> <p>5:30PM-6:30PM                      Spin &amp; Plank</p>	<p>12:00PM- 1:00PM  <b>Spinning</b></p>	<p>5:30AM-6:00AM  <b>LES MILLS sprint</b></p> <p>5:30PM-6:30PM                      Spin &amp; Plank</p>	<p>12:00PM- 1:00PM  <b>Spinning</b></p>	<p>5:30AM-6:00AM  <b>LES MILLS RPM</b></p>	
<b>WATER AEROBICS</b>						
	<p>9:00AM-10:00AM  <b>Aqua Fit</b></p>	<p>6:00AM-7:00AM  <b>Aqua Basics</b></p>	<p>9:00AM-10:00AM  <b>Aqua Bootcamp</b></p>	<p>6:00AM-7:00AM  <b>Aqua Power</b></p>	<p>9:00AM-10:00AM  <b>Aqua Tabata</b></p>	<p>9:00AM-10:00AM  <b>Aqua Zumba</b></p>
<b>GROUP TRAINING (HIIT=High Intensity Interval Training) *Extra Charge for HIIT/Bootcamp \$10 Members/ \$12 Guest)</b>						
	<p>6:30AM- HIIT *NEW*</p> <p>12:00PM- Bootcamp</p>	<p>6:30AM- HIIT</p> <p>12:00PM- Bootcamp</p>		<p>6:30AM- HIIT</p> <p>12:00PM - Bootcamp</p>	<p>12:00PM- Bootcamp</p>	

## 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.

**Les Mills Core™** -Exercises muscles around the core. 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, 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, and more. For ALL fitness levels, options always available.

**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, and more! Major and minor muscle groups are worked in this is old school, traditional heavy weight training, functional training and core stability. The class is geared towards ALL ages who want to get strong.

**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 a yoga-based class that will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

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

**Slow Flow Yoga-** This type of yoga integrates mental focus, various breathing methods and relaxation techniques with traditional Hatha Yoga Asnas, (body poses).

**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 strengthen core, improve balance and increase coordination.

**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™** Combo Class-We'll hit the bike hard for 30 minutes in RPM™, followed by 30 minutes Core™ (see class descriptions above).

**Spin & Plank** - 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! 45min of Spinning followed by 15min of abs!

**Les Mills Sprint™** is a 30 minute High Intensity Interval Training workout (HIIT) using our indoor spin bikes!

### Senior Strength Classes

**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.

**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.

### Water Aerobics Classes

**Aqua Bootcamp-** High Intensity training to target every part of your body. Be prepared to sweat!

**Aqua Zumba-** An integration of the Zumba formula and philosophy into traditional aqua fitness disciplines. Improve aerobic endurance, muscular resistance, flexibility and joint mobility, with a Latin flavor and international zest.

**Aqua Tabata-** This class will really get your heart rate going! Class format will be Interval cardio training with attention to all muscle groups, especially abdominals!

**Aqua Basics-** Back to the basics with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness while increasing muscles definition, burn calories, improve flexibility as well as overall feeling better. Leave feeling refreshed, stretched and energized.

**Aqua Fit-** Multi level with focus on toning and cardiovascular conditioning in the pool. Moderate to high impact intensity while being safe on joints.