CLASS SCHEDULE– November 2026

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						
8:30AM-9:30AM LesMills BODYPUMP	5:30AM & 8:30 AM LesMills CEREMONY STUDIO 9:40AM-10:40AM LesMills BODYPUMP 10:50AM-11:50AM Boomers & Beyond (Strength for Seniors) 12:00PM- 1:00PM LesMills BODYPUMP 4:45PM-5:45PM LesMills BODYCOMBAT 5:50PM-6:50PM LesMills BODYPUMP	5:30AM-6:30AM LesMills BODYPUMP 9:40AM-10:40AM Total Body Sculpt 10:50AM-11:50AM Senior Range of Motion 5:15-6:15PM LesMills BODYPUMP	6:00AM-6:30AM LesMills CORE 8:30AM-9:30AM Cardio Core Bootcamp 9:40AM-10:40AM LesMills BODYPUMP 10:50AM-11:50AM Boomers & Beyond (Strength for Seniors) 12:00PM- 1:00PM LesMills BODYPUMP HEAVY 4:45PM-5:45PM LesMills BODYCOMBAT 5:50PM-6:50PM LesMills BODYPUMP	5:30AM-6:30AM LesMills BODYPUMP 8:30-9:15 AM LesMills CEREMONY STUDIO 9:40AM-10:40AM ZUMBA 10:50AM-11:50AM Senior Range of Motion 5:15-6:15PM LesMills BODYPUMP	6:00AM-6:30AM LesMills CORE 8:30AM-9:30AM Mat Pilates 9:40AM-10:40AM LesMills BODYPUMP HEAVY 10:50AM-11:50AM Boomers & Beyond (Strength for Seniors) 12:00PM- 1:00PM LesMills BODYPUMP	8:35AM-9:35AM LesMills BODYPUMP 9:40AM-10:40AM LesMills BODYCOMBAT
YOGA/WELLNESS STUDIO						
9:45AM-10:45AM Vinyasa Yoga	5:30AM-6:30AM LesMills BODYBALANCE 8:30AM-9:30AM Core Fusion	10:45AM-11:45AM Slow Flow Yoga 5:45PM-6:45PM Vinyasa Yoga	5:30AM-6:30AM LesMills BODYBALANCE 5:45PM-6:45PM Vinyasa Yoga	10:45AM-11:45AM Slow Flow Yoga 5:45PM-6:45PM Vinyasa Yoga		9:45AM-10:45AM Vinyasa Yoga
SPINNING STUDIO						
	5:30PM-6:30PM Spin & Plank	5:30AM-6:15AM Spinning– NEW DAY 12:00PM- 1:00PM Spinning	5:30AM-6:00AM LesMills sprint 5:30PM-6:30PM Spin & Plank	12:00PM- 1:00PM Spinning	5:30AM-6:00AM LesMills RPM	
WATER AEROBICS						
	9:00AM-10:00AM Aqua Fit	6:00AM-7:00AM Aqua Power	9:00AM-10:00AM Aqua Bootcamp	6:00AM-7:00AM Aqua Power	9:00AM-10:00AM Aqua Tabata	9:05AM-9:55AM Aqua Fit
GROUP TRAINING (HIIT=High Intensity Interval Training) *Extra Charge for HIIT/Bootcamp $10 Members/ $12 Guest)						
	12:00PM- Bootcamp–Strength	6:30AM- HIIT 12:00PM- Bootcamp	12:00PM- Bootcamp–Strength	6:30AM– HIIT 12:00PM - Bootcamp	12:00PM- Bootcamp–Strength	

GROUP CLASS DESCRIPTIONS

Group Exercise Classes

Les Mills CERMEONY-STUDIO™ - Ceremony is a new(2025 release) class that focuses on full body functional circuit training. It includes cardio conditioning, strength exercises and agility movements.

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.

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

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 peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness, and you control your own resistance levels and speed!

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

Senior Range of Motion- 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.

Senior Strength -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 Power- start your day off right with an energizing workout designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back

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