

**AMES RACQUET & FITNESS CENTER  
GROUP FITNESS SCHEDULE-ALL BRANCHES**

**Starts Monday, January 4, 2010**

**SOUTH: FITNESS STUDIO A**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am		Stabilization Cardio	9 am 		Fusion Fitness	9 am 	9:00 
9:30 am		Cardio Dance			Cardio Drill Ab-vantage		10:15 am 
5:30 pm	4 pm  (Starts Jan. 10)		 (Studio A) ----- Yogalates (Studio B)	Cardio Drill Ab-vantage		4:30 pm Power Step	
6:35 pm		Yoga		Cardio Dance (Studio A) ----- Belly Dance Fit (Studio B)	Kickbox		

**SOUTH: SPINNING STUDIO**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am 		5:30 am 		5:30 am 	
			9:30 am 		9:30 am 		8 am Cycling
5:30 pm	4 pm 		Cycling			4:30 pm 	
6:30 pm				Cycling			





**NORTH STUDIO**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 am Cardio Cross Train	5:30 am 	5:45 am Cardio Cross Train	5:30 am 	5:30 am 	8:45 – 9:15 Hard Core
8:30 am	11:00 am Yoga	TBC	Fusion Fitness	TBC		TBC	9:15 am 
9:30 am		10 am 		10 am 	Yoga Flow		10:15 - 11:10 Heat!
			10:30 am Yoga Foundation		10:45 am Cardio Dance	10:45 – 11:15 am Kids' Groove Jan 8 – Feb 26	11:15 – 12:15 Yogalates
4:15 pm	2:45 pm 						
5:30 pm	4:00 pm 		Cardio Dance Registration required!		Cardio Dance Registration required!		
6:35-7:30 pm		Kickbox	Pilates		Yoga Flow		
			7:30 - 8 pm Kids' Groove Jan 4 – Jan 25				

**NORTH AQUATIC FACILITY**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am				Power Aqua			
8:00 – 8:45 am	2:00 – 4:00 pm Family Swim (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	9:15 – 10:00 am Aqua Fitness
5:30-6:15 pm		Aqua Fitness		Aqua Fitness	Aqua Fitness	7:00 – 9:00 pm Family Swim (No lap swim)	2:00 – 4:00 pm Family Swim (No lap swim)

## CLASS DESCRIPTIONS

Aqua Fitness	Enhance your cardiovascular fitness, muscular strength and endurance, and flexibility all in one workout. Experience the properties of the water and the freedom of movement in this great aqua workout for all levels.
Belly Dance Fit	Build your core and pelvic muscles, improve your flexibility and learn some new dance moves! All types.
Cardio Drill Ab-vantage	Using a hybrid of athletic drills, agility training and bootcamp style conditioning, this class will have your heart thumping and your body changing! Intermediate
Cardio Cross Train	This class may include step, hi/low, interval, resist-a-ball, and strength segments. Get a great workout with easy-to-learn choreography! All Types
Cardio Dance	Get your groove on! This is an exciting aerobic class that incorporates several styles of dance while burning calories and toning the body. No complex choreography to master, just fun dance moves in an easy to learn format! On-line registration is required for the evening classes .Visit <a href="http://amesracfit.com">amesracfit.com</a> or see the front desk for instructions. All types
Cycling	Mind over matter will spin you through this hour of hills, sprints, jumps and more, with guidance as to what levels and zones you should be in for optimal results. Get a great workout with little impact on your joints! Heart rate monitors are available to help you reach your workout goals. All Types
Fusion Fitness Training	A blend of yoga, Pilates and fitness conditioning that challenges strength, balance, flexibility and increases endurance and stamina. All Types
Group Active 	Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. A perfect place to start your group fitness experience. ALL TYPES.
Group Power 	A barbell program that strengthens all your major muscles in an inspiring, group environment with fantastic music. Simple, athletic movements such as squats, lunges and curls, this class is great for all ages and fitness levels. All Types.**
Group Ride 	Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you Ride On! All Types
Group Step 	Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.
Hard Core Heat!	The best moves that will shape and strengthen your abs and low back. 25 minutes. All Types** This 55 minute, high intensity, high/low impact class brings the best of intensity training to group fitness. Athletic-based moves that require no equipment are implemented in a frenzy. If you want to work HARD and SWEAT, this class is for you. *Modifications for the high impact sequences are offered.
Kickbox	Be empowered with this martial arts based workout full of punches and kicks. This high- energy class incorporates explosive moves to enhance your cardio and muscular endurance. All types.
Kid's Groove	Introduce your kids to an active lifestyle at a young age! This will be a creative movement class for children 2 - 6 years of age. We will explore simple exercises with a variety of music and have loads of fun! Parents or grandparents must attend this 30-minute class with their children. No registration required.
Pilates	Floor exercises designed to improve flexibility, posture, and core strength. All Types
Power Aqua	A great workout while giving your joints a break! You really can sweat in the water! All types
Power Step	An intense step class designed to keep you on your toes. Choreography all maxed out. Multi-bench and intervals may be incorporated. Advanced
Stabilization Cardio	Experience purposeful, quality movement patterns that increases aerobic capacity and improves core stability. This class offers easy to follow choreography with the added intensity of a low-weight medicine ball. Resistance tubing and stability balls are also incorporated. Join us for a high-intensity exercise experience. All types.**
TBC (Total Body Conditioning)	This class focuses on strengthening and sculpting the body by using weights, tubing, resist-a-balls, and gliding disks. An effective way to increase your overall strength in a functional way! A great class for all ages and abilities. All Types**
Yoga	Gain strength, flexibility, and balance as you learn to unite mind, body, and breath. All Types
Yoga Flow	Link breath with movement in this flow based class to build endurance, strength, and coordination while also improving your mind-body connection. All types.
Yoga Foundation	Focus on the basics of yoga and work toward a balance of flexibility, strength, and coordination, while also improving your mind-body connection. All types.
Yogalates	A merge of core emphasizing Pilates with balance and muscle enduring Yoga. The ultimate mind body connection. Intermediate

**\*\*Must be 16 years of age to attend.**

For more information regarding the group fitness schedule, please contact  
Mandy at 515-663-5584 or [mandy.arfc@mchsi.com](mailto:mandy.arfc@mchsi.com).

Interested in receiving Group Fitness announcements via email? Email a request to the above address.