




















AMES RACQUET & FITNESS CENTER

Winter 2012

Updated April 23

NORTH STUDIO










TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am		 Sara	 Kelli	Cardio Drill Express (45 minutes) Carlie	 Kelli	 Kelli	
7:30 am			 Karen				
8:30 am	11:00 am Yoga Diana	TBC June	 June	TBC Julie F	 Karen	TBC Kori	Hard Core (25 Minutes) Cathy
9:30 am		 Mandy	 Leigh	 Mandy	Yoga June	 Leigh	9:00 am  Cathy
10:30 am			Yoga Cathy		10:45 am Cardio Dance Traci	 Cathy	10:00 am Heat! Ashley
4:15 pm	2:45 pm  Rotation	 Jenn R	 Sara	 Cathy	 Sara	 Sara	11:00 am Yogalates Deb C
5:30 pm	4:00 pm  Rotation	 Jenn R	Cardio Dance *Registration Recommended Chrystal	 Jenn R	Cardio Dance *Registration Recommended Carla		
6:35 pm		Kickbox Julie F	 Erin	 Karen	Pilates Michelle		4:00 pm  Karen

*Cardio Dance registration is recommended for non-summer months. See front desk or [ww.amesracfit.com](http://www.amesracfit.com) for info.

NORTH AQUATIC FACILITY













TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45 am				Power Aqua Brooke			
8:00 – 8:45 am		Aqua Fitness (No lap swim) Karen	Aqua Fitness (No lap swim) Jeni	Aqua Fitness (No lap swim) LuAnn	Aqua Fitness (No lap swim) Jeni	Aqua Fitness (No lap swim) LuAnn	9:15 – 10:00 am Aqua Fitness Kristin/Haley
	2:00 – 4:00 pm Family Swim (No lap swim)	8:50 am Aqua Fitness Kristin	10:30 am Aqua Jam Karen		10:30 am Aqua Jam LuAnn		
5:30-6:15 pm		Aqua Fitness Leah		Aqua Fitness Haley	Aqua Fitness Julia	7:00 – 9:00 pm Family Swim (No lap swim)	2:00 – 4:00 pm Family Swim (No lap swim)

SOUTH: FITNESS STUDIO A

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am		Cardio Drill Jen T	 Jen T	Cardio Drill Kori		9 am  Jen T	 Jenn R
9:30 am		Cardio Dance Carla			Cardio Drill Corinne / Alecia		 Jenn R
11:45 am	3 pm  Ends April 29	 Cathy		 Cathy			
5:30 pm		Cardio Drill Carlie	 Megan	Power Step Jen T	 Megan		
6:35 pm		Yoga Joel	Heat! Diana	Yoga Joel	Kickbox Diana		

SOUTH: SPINNING STUDIO

Registration for Group Ride is recommended for non-summer months. See front desk or www.amesracfit.com for info.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am		 Michelle		 Michelle		 Michelle	
9:30 am	4:00 pm  Michelle / Julie		 Michelle		 Kristine	 June	7:30 am  Don
5:30 pm		 Julie	Cycling Julie	 June	 Renee	 Don	

WEST STUDIO

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 pm		Cardio Dance Chrystel	Belly Dance Fit Inna	Kickbox Ashley			
7:30 pm		Power Tone Ashely	Cardio Mix Ashley	Power Tone Ashley			

West ARFC only: No classes during ISU Spring Break, 3/12 – 3/16. Classes end April 20.

**Questions or Comments? Email Mandy at mandym@amesracfit.com or call 232-1911.
Get on the Group Fitness announcement list by sending a request at the above email.**