

























AMES RACQUET & FITNESS CENTER

Winter 2012

Starts Monday, January 9

NORTH STUDIO							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am				Cardio Drill Express			
8:30 am	11:00 am Yoga	TBC		TBC		TBC	Hard Core (25 minutes)
9:30 am					Yoga		9:00 am 
10:30 am			Yoga		10:45 am Cardio Dance		10:00 am Heat!
4:15 pm	2:45 pm 						11:00 am Yogalates
5:30 pm	4:00 pm 		Cardio Dance *Registration recommended		Cardio Dance *Registration recommended		
6:35 pm		Kickbox			Pilates		4:00 pm 










**Cardio Dance registration is recommended for non-summer months. See front desk or www.amesracfit.com for info.*

NORTH AQUATIC FACILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45 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
		8:50 am Aqua Fitness	10:30 am Aqua Jam		10:30 am Aqua Jam		
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)












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SOUTH: FITNESS STUDIO A

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am		Cardio Drill		Cardio Drill		9 am 	
9:30 am		Cardio Dance			Cardio Drill		
11:45 am							
5:30 pm	3:00 pm 	Cardio Drill		Power Step			
6:35 pm		Yoga	Heat!	Yoga	Kickbox		

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							
9:30 am	4:00 pm 						7:30 am Cycling
5:30 pm			Cycling				

WEST FITNESS STUDIO

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

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.**