



# GROUP FITNESS SCHEDULE

Updates 1/11/2021. All classes free with membership.

Classes limited for social distancing. All classes require registration. Please refer to the online registration for class changes or cancellations. See back page for details.

## NORTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Cardio Drill (45 minutes)		Cardio Drill (45 minutes)			
8:15am		TBC		TBC	Shake and Strength (45 minutes)	TBC	
9:30am					Yoga		
	11:00am Yoga	10:35am Cardio Drill (30 minutes)					
	4:00pm 	4:30pm Cardio Pilates (45 minutes)	4:15pm 	4:15pm 	4:15pm 		
5:35pm			Cardio Dance		Cardio Dance		

**PLEASE NOTE:** Yoga mats are no longer supplied at the North studio. Please bring your own for all yoga classes. The blue and black exercise mats will still be available.









## NORTH AQUATIC FACILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45am				Power Aqua			
8:00-8:45am		Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	9:00am Aqua Fitness
10:30-11:15am			Aqua Jam		Aqua Jam		
5:30-6:15pm		Aqua Jam		Aqua Jam	Aqua Jam		

**PLEASE NOTE:** Lap swimming will not be available during class times.



# SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am			<b>WARM</b> B A R R E (45 min)		<b>WARM</b> B A R R E (45 min)		
	8:30am  <b>WARM</b> Vinyasa Flow					8:30am (45 min) <b>GENTLE</b> B A R R E	8:15am  <b>WARM</b> Vinyasa Flow
		9:30am (45 min) B A R R E		9:30am Yoga		9:45am (45 min) B A R R E	9:45am (45 min) <b>WARM</b> B A R R E
11:45am		Pilates Yoga Fusion		Pilates Yoga Fusion			
5:30pm	5:00pm  <b>HOT YOGA</b>	 <b>HOT YOGA</b>	Yoga	 B A R R E (45 min)	Yoga	5:00pm  <b>HOT YOGA</b>	
	6:15pm Yin	6:45pm Yoga	6:45pm  <b>WARM</b> Vinyasa Flow	6:30pm  <b>HOT YOGA</b>			

**PLEASE NOTE:** For all classes in the yoga studio at South, we require participants to supply their own yoga mat.

*All classes are 55-60 minutes long unless otherwise noted.*

*For Group Power classes, participants must be 16 years of age or older to attend. For all other classes, ages 12-15 may attend with a guardian. For more information or questions, contact Group Fitness Director, Mandy McGuire, at mandym@amesfitness.com or (515)232-1911.*

### **GROUP FITNESS COVID-19 PROTOCOLS:**

- **All classes (aqua, land, yoga, and spin classes) now require registration!** See directions below.
- Class numbers are limited to allow for proper social distancing.
- All studios have designated spots for each participant.
- The schedule has changed to allow for increased transition times between each class. This will be modified as the situation evolves.
- All equipment must be sanitized prior to and after class by each participant. Extra spray bottles and rags will be available.
- Any class where people's hands touch the floor or bench, mats or towels will be required. Please use the towels provided in the group fitness studios.
- We highly suggest you bring your own mat to class.
  - ◊ Yoga mats, blocks, and straps will not be available for use at North and South at this time.
  - ◊ The blue and black exercise mats will still be available at our North and South group fitness studios.
- No participants will be allowed in class that are showing any symptoms of sickness, including coughing and sneezing. If these symptoms are present, participant will be asked to leave.
- Safety precautions for instructors and their teaching equipment have been established.

### **REGISTRATION DIRECTIONS:**

- All classes require registration prior to attending.
- All classes will be filled on a first come-first serve basis by scanning the code on this page or...
  - ◊ Go to [www.amesfitness.com](http://www.amesfitness.com)
  - ◊ Click on the group fitness tab
  - ◊ Select "schedule"
  - ◊ Click the sign up button(This includes spin classes! We will not be using the MindBody app at this time.)



Registration will open three days prior to the class at 7:00 am.  
Morning classes (5:30 am - 1:00 pm) will close at 4:00 am the morning of the class.  
Evening classes (4:00 pm - 8:00 pm) will close at 3:00 pm the day of the class.

- You may register for yourself and one additional person. To do so, select "Save and Add Another Person" after entering your contact information during the registration process.
  - ◊ Please keep the "# of Spots" section at one, even if you are going to add another person.
- You will receive a confirmation email once you register for a class. It may take several minutes for the email to appear in your inbox.
- To cancel your registration, please select "view/change my commitments" in the confirmation email you received for the class. Click on your name next to the class you wish to cancel, then select the trash can icon next to your name and hit "ok".
  - ◊ Cancellations must be completed before the sign-up hours expire. Please see above for hours.
  - ◊ If something comes up that prohibits you from coming to class and the signup is closed, please call the front desk at 515-292-4741 (North) or 515-232-1911 (South).
- Although registration is free, you must show up to class if you register. If you do not show up, you will not be allowed to register for future classes.
- **When you show up to class, there will be a list of class participants outside the studio door. Please check off your name to indicate you were present at class.**