

















GROUP FITNESS SCHEDULE

Starts 9/14/2020. All classes free with membership.

All classes require registration. Please see back page for details.

Classes limited for social distancing. Schedule and instructors subject to change at any time.

NORTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Cardio Drill (45 minutes)		Cardio Drill (45 minutes)			
8:15 am		TBC (45 minutes)		TBC (45 minutes)	Shake and Strength (45 minutes)	TBC (45 min)	
9:30am					Yoga Basics		
	11:00am Yoga						
	4:00 pm 	4:30 pm Cardio Pilates (45 minutes)	4:15pm 	4:15pm 	4:15pm 		
5:35 pm			Cardio Dance	Hard Core (30 minutes)	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			WARM B A R R E (45 min)		WARM B A R R E (45 min)		
	8:30am  WARM Vinyasa Flow					8:30am (45 min) GENTLE B A R R E	8:15am  WARM Vinyasa Flow
		9:30am (45 min) B A R R E		9:30am Yoga Basics		9:45am (45 min) B A R R E	9:45am (45 min) WARM B A R R E
11:45am		Pilates Yoga Fusion		Pilates Yoga Fusion			
	4:00pm Yin						
5:30pm	 HOT YOGA	 HOT YOGA	Yoga	 B A R R E (45 min)	Yoga		
		6:45pm Yoga	6:45pm  WARM Vinyasa Flow				

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

Barre	Fuses Pilates, ballet, and yoga with isometric exercises to engage and enhance muscles you didn't even know you had! Get ready to feel the burn! All barre classes are 45 minutes. Gentle and Warm variations also available.
Hot Yoga	90-97 degrees. Through strengthening postures and intensified heat, hot yoga will detoxify the body and toughen the mind. Taught as Bikram, Moksha, or Vinyasa.
Pilates Yoga Fusion	The best of yoga and Pilates in one class! This fusion workout will strengthen, stretch and tone your entire body through various exercises and equipment.
Warm Vinyasa	80-85 degrees. Focuses on syncing breath to a lively & mindful flow.
Yin Yoga	A slower paced yoga class to target your deep connective tissue. Focus on breath as you hold poses for an extended time to do wonders for joint health, flexibility, circulation, and mental focus.
Yoga	Gain strength, flexibility, and balance as you learn to unite mind, body, and breath.
Yoga Basics	This class is great for beginners, as well as continuing students to get acquainted with yoga. Students practice the fundamentals and proper alignment in a relaxed, non-competitive setting.

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. 45 minutes.
Aqua Jam	Music-driven aqua fitness. Fun music, fun moves, and a fantastic workout! 45 minutes.
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!
Cardio Drill	Using a hybrid of athletic drills, agility training, and bootcamp style conditioning, this class will have your heart thumping and your body changing! 55, 45, and 30 minute classes available.
Cardio Pilates	Improve flexibility, posture, and core strength, with cardio mixed in! Modifications provided for all levels. 45 minutes.
 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.
 GROUP BLAST	Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises with a step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast this way with Group Blast!
 GROUP POWER	A barbell program that strengthens all your major muscles in an inspiring group environment with fantastic music. With simple, athletic movements such as squats, lunges, and curls, this class is great for all ages and levels. Must be 16 years of age or older to attend.
 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! Bike reservations available. Visit www.amesfitness.com for info.
Hard Core	Attack your abs and back from all angles with a variety of exercises. 25 minutes.
 INSANITY	INSANITY™ is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape—levels of each exercise are provided.
Power Aqua	A great workout while giving your joints a break! You really can sweat in the water! 45 minutes.
Power Pedal	Smile and sweat as you pedal your way through intervals, mountains and more!
 M R30	R30 will get you fitter and feeling better in only 30 minutes! Perfect for those that are short on time and men and women of all ages, no matter if you're just starting an exercise program or have been racing bikes for years.
Shake & Strength	Get ready to sweat through the decades! This class mashes calisthenics with old school grooves and new school moves to your favorite jitterbug beats, 80's jams, and modern day hits! From the disco and dougie, to squats and lunges, you'll be shakin' and strengthening in no time!
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 for all ages and abilities.

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.
- Members must arrive to classes on time. Entry into the studios will be prohibited after the class has started.
- If you must leave early, leave your equipment in its place and the instructor will put it away.
- 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
 - ◊ 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.
- 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.