



AQUA CLASSES - EXERCISE POOL

WINTER

Effective November 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Bootcamp 5:15-6:00am Whitney	Aqua Bootcamp 5:15-6:00am Brad	Aqua Bootcamp 5:15-6:00am Whitney	Aqua Bootcamp 5:15-6:00am Brad	Aqua Bootcamp 5:15-6:00am Kim		
Aqua Fit 8:30-9:15am Jan/Megan	Aqua Fit 8:30-9:15am Kristin	Aqua Fit 8:30-9:15am Marsha	Aqua Fit 8:30-9:15am Jackie	Aqua Fit 8:30-9:15am Rotation	Instructor's Choice 8:30-9:15am Rotation	Aqua Bootcamp 8:30-9:15am Staci
		Medical Programs 10:00-11:00am				
Aqua Combo 9:30-10:15am Jan LAP POOL		Aqua Combo 9:30-10:15am Susan LAP POOL		Aqua Combo 9:30-10:15am Megan LAP POOL		
Aqua Fit 11:00-11:45am Jan	Aqua Bootcamp 11:00-11:45am Megan	Aqua Lite 11:00-11:45am Jan	Aqua Bootcamp 11:00-11:45am Megan	Aqua Dance 11:00-11:45am Andrea	Instructor's Choice 11:00-11:45pm Rotation	
	Aqua Wellness 1:00-1:45pm Kristin		Ai Chi 1:15-2:00pm Chelsea			Aqua Bootcamp 1:00-1:45pm Whitney
Aqua Bootcamp 4:45-5:30pm Megan	Gentle Movement Lymphedema 4:30-5:30pm Tammee	Ai Chi 4:15-5:00pm Jamie	Aqua Bootcamp 4:45-5:30pm Staci	Aqua Bootcamp 4:45-5:30pm Wil		Family Swim Time 2:00-4:45pm
Aqua Combo 5:45-6:30pm Nicole	Aqua Bootcamp 5:45-6:30pm Staci	Aqua Combo 5:45-6:30pm Julie	Aqua Bootcamp 5:45-6:30pm Nicole			
Aqua Bootcamp 7:00-7:45pm Julie		Aqua Dance 7:00-7:45pm Andrea				

Any time when there is no class being held, it is **OPEN SWIM time**.

Items in **RED** indicate a new class, new instructor and/or new class time.

Aqua Class Descriptions:

Ai Chi: slow and broad movements focusing on breathing, upper limb movement, trunk stability, lower limb movement, balance and coordinated total body movements. Ai Chi also includes important elements necessary for balance and fall prevention. This class is taught by a physical therapist and is recommended for patients with neurological conditions and arthritis.

Aqua Bootcamp: Intense aqua workout for the whole body. Class will use interval training with/without resistance weights combining strength training with cardiovascular fitness. Participants will also strengthen their core with standing and floating abdominal exercises. *Exercise Intensity: 4-5 Joint Impact: High*

Aqua Combo: Challenging cardio and resistance training class. Incorporates intervals and equipment to build cardio, strength, flexibility and endurance. *Exercise Intensity: 4 Joint Impact: High*

Aqua Dance: Fun music and choreographed exercises designed to get you moving and grooving in this dance inspired class. *Exercise Intensity: 2-4 Joint Impact: Medium-High*

Aqua Fit: Well rounded, moderate intensity class designed to provide a complete workout including cardio, resistance training, abdominal work and stretching. *Exercise Intensity: 2-3 Joint Impact: Low-Medium*

Aqua Lite: Focused aqua class designed to increase flexibility, range of motion, and stability. Pilates like movements are used to improve balance, strengthen core, and stretch the whole body. *Exercise Intensity: 1 Joint Impact: Low*

Aqua Wellness: This water exercise class can help lessen symptoms of neurological disease and is designed to improve balance, flexibility, strength, and walking ability through water's buoyant environment. Water allows the freedom to move and exercise with more ease and less pain. *Exercise Intensity: 1 Joint Impact: Low*

Gentle Movement Lymphedema: Focus is to complete slow, gentle, big range of motion movements for upper and lower extremities to regain strength, active movement, core strength and balance. Exercises will assist with healthy lymphatic drainage/swelling reduction while learning safe exercise techniques. *Exercise Intensity: 1 Joint Impact: Low*



*Please remember, the pool closes 15 minutes before the center for routine maintenance.

www.mercyhealthfitness.com

12493 University Avenue, Clive, Iowa 50325 - (515) 226-9622

Center Hours*

Monday – Friday
4:30 a.m. – 9:00 p.m.

Saturday
6:00 a.m. – 6:00 p.m.

Sunday
8:00 a.m. – 6:00 p.m.



CARDIO & STRENGTH CLASSES

WINTER

Effective November 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio & Core 5:15-6:00am Hollie	BODYPUMP Express 5:15-6:00am Gretchen	Cardio Sculpt 5:15-6:00am Laura	Body Sculpt 5:15-6:00am Hollie	Cardio & Core 5:15-6:00am Gina		
Step Interval 6:15-7:00am Tramelle	Strength & Stretch 6:15-7:00am Talon	Step Interval 6:15-7:00am Tramelle	Strength & Stretch 6:15-7:00am Talon	Cardio Kickbox 6:15-7:00am Christine		
	Body Sculpt 8:30-9:15am Monica	Cardio Sculpt 8:30-9:15am Haley	Body Sculpt 8:30-9:15am Monica	Cardio Sculpt 8:30-9:15am Haley		
Cardio Sculpt 9:30-10:20am Michelle R.		Body Sculpt 9:30-10:20am Haley		Cardio Sculpt 9:30-10:20am Miranda	Zumba 9:00-9:50am Tamara/Olga	
Active Adults 10:30-11:20am Haley	Active Adults 10:30-11:20am Jordan	Active Adults Step & Sculpt 10:30-11:20am Becky	Active Adults 10:30-11:20am Idiko	Active Adults 10:30-11:20am Miranda	Circuit Training 10:00-10:45am Rotation	
			Zumba Gold 11:30-12:00 Idiko			
Strength & Stretch 12:00-12:45pm Talon	HIIT 12:15-12:45pm Fitness S.	Cardio Sculpt 12:00-12:45pm Kennedy	HIIT 12:15-12:45pm Kennedy	BODYPUMP Express 12:00-12:45pm Monica		
Delay the Disease 1:00-2:00pm LaDona/Jennifer		Delay the Disease 1:00-2:00pm LaDona/Jennifer				
BODYPUMP Express 4:45-5:30pm Monica	Zumba 4:45-5:30pm Tamara	BODYPUMP Express 4:45-5:30pm Monica				
Step Interval 5:45-6:35pm Ann	Total Body Strength 5:45-6:30pm Kristin	Cardio Endurance 5:45-6:45pm Chantelle	Zumba 5:45-6:30pm Olga			
Body Sculpt 6:45-7:30pm Ann			Pound 6:45-7:30pm Hollie			

Items in **Red** indicate new class, new class name and/or new instructor!

Cardio & Strength Class Descriptions:

Active Adults: This is a moderate intensity, low impact class that uses a variety of fitness formats to build strength, cardiovascular fitness, balance and flexibility. All fitness levels and abilities are welcome! *Class intensity: Low to Moderate.*

BODYPUMP Express: This is a barbell workout for anyone looking to get lean, toned and fit! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It challenges all of your major muscle groups while you squat, press, lift and curl to chart-topping music! BODYPUMP Express is the condensed version of BODYPUMP and focuses on 8 Les Mills BODYPUMP tracks. This class is great for men and women of all fitness levels. *Class intensity: Moderate to High.*

Body Sculpt: This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and resistance equipment such as weights, bars, balls and bands. *Class intensity: Moderate to High.*

Cardio & Core: Dynamic cardio workout followed by functional and integrated exercises using body weight and equipment to strengthen core muscles. The majority of this class will be spent on training abs, obliques, glutes and more! *Class intensity: Moderate to High.*

Cardio Sculpt: A fusion of best of both worlds, cardiovascular exercises are mixed with strength and resistance work to tone and sculpt your body. This class combines interval and circuit training and uses a variety of equipment or just body weight. *Class intensity: Moderate to High.*

Cardio Endurance: Train everything: strengthen your cardiovascular system, improve functional ability and balance, and improve your strength while building overall endurance. Anything goes in this class so be prepared for a challenge! All fitness levels and abilities welcome. *Class intensity: High.*

Cardio Kickbox: Join this class for a challenging and fun cardiovascular workout that will help you burn calories and shape your body! A combination of cardio, boxing, martial arts and HIIT providing a total body workout with moderate to high intensity activity. *Class intensity: Moderate to High.*

Circuit Training: This is a body conditioning and resistance training class using high-intensity exercises. It targets strength building and muscular endurance. *Class intensity: High.*

Delay the Disease: This exercise program is designed specifically to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. The Delay the Disease functional movement program helps decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Individuals with other neurological conditions are also welcome to join this class. *Class intensity: Low.*

HIIT - High Intensity Interval Training: Elevate your heart rate, increase your endurance and strength in a "fast and furious" workout. *Class intensity: High.*

Pound: POUND is a full body drumming workout that uniquely combines cardio, conditioning and strength training with yoga and Pilates inspired movements using lightly weighted exercise drumsticks. *Class intensity: Moderate to High.*

Step Interval: A combination of traditional choreographed step moves along with athletic intervals. *Class intensity: Moderate to High.*

Strength & Stretch: Dynamic warm-up followed by high intensity full-body strength circuits using bodyweight, dumbbells, barbells, and resistance bands. Workout includes ab/core work. Class ends with a cool down focusing on stretching all the major muscle groups. *Class intensity: High.*

TBS – Total Body Strength: Improve strength and cardiovascular fitness through circuit training. This class will include body weight strength, cardio and core exercises. The focus will be on learning how to use your own body as resistance. Minimal or no equipment will be used. *Class intensity: Moderate to High.*

Zumba: Dance-fitness class with Latin flavor and international zest combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. The class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. *Class intensity: Moderate to High.*

Zumba Gold: A modified Zumba® class that recreates the original moves at a lower-intensity. Suitable for beginners, active adults and for those who want to take Zumba at an easier pace. *Class intensity: Low to Moderate.*



HEALTH &
FITNESS CENTER



INDOOR CYCLE CLASSES

WINTER

Effective November 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Endurance 5:15-6:00am Mike	Cycle Mix 5:15-6:00am Tracy	Group Cycle 5:15-6:00am Lyne	Cycle Mix 5:15-6:00am Tracy	Cycle Endurance 5:15-6:00am Mike		
					Cycle Endurance 7:00-7:45am Mike	
Group Cycle 9:30-10:20am Michael	Group Cycle 9:30-10:20am Michelle	Group Cycle 9:30-10:20am Nancy	Group Cycle 9:30-10:20am Michael	Group Cycle 9:30-10:20am Tommy	Power Cycle 9:00-10:30am Kris	Group Cycle 9:00-10:00am Sue
Cycle Mix 12:00-12:45pm Kris	Cycle Mix 12:00-12:45pm Kris	Group Cycle 12:00-12:45pm Nancy		Group Cycle 12:00-12:45pm Michael		
				Cycle Wellness 1:00-1:45pm Kris		
Cycle 101 4:45-5:30pm Sue		Group Cycle 4:45-5:30pm Tommy	Cycle Mix 4:45-5:30pm Kris			
Group Cycle 5:45-6:30pm Sue	Group Cycle 5:45-6:30pm Sue	Group Cycle 5:45-6:30pm Tommy	Cycle Endurance 5:45-6:30pm Mike			
	Cycle Endurance 6:45-7:30pm Mike	Group Cycle 6:55-7:40pm Dr. Deming				

Items in **RED** indicate a new class, new instructor and/or new class time.

Cycle Class Descriptions:

Cycle 101: This class is for people who are new to cycle or those who want to take a low/moderate intensity class. Learn how to set up a bike, how to get a good workout based on your ability level and what key phrases are often used in cycling classes. Great opportunity to ask questions AND to get a workout.

Cycle Endurance: Enjoy a great aerobic exercise cycle class. Stimulate your heart and lung activity for a time period sufficiently long to produce beneficial changes in the body. The main objective is to increase the maximum amount of oxygen your body can process - your aerobic capacity!

Cycle Mix: This class explores the different venues of cycle: endurance, hills and drills, speed work, power, intervals, etc. Each class is a new adventure that will challenge you while having fun at the same time. Participants love the music and camaraderie in this class.

Cycle Wellness: This class is designed to assist individuals with neurological disorders participate in a cycling activity to improve overall wellness. The class focuses on cycling at higher RPMs to achieve these goals. This focus is based on evidence-based studies that note that this type of activity can assist in reducing the symptoms of Parkinson's disease. A variety of cycling drills include a mix of rolling hills as well as fun and friendly 'team' activities. Assistance is provided for participants in adjusting bike settings to accommodate specific needs.

Group Cycle: Pedal through hill climbs, sprints, and many other challenging drills and exercises. This class offers a combination of strength and endurance training and is a great cardiovascular workout. All levels are welcome.

Power Cycle: Take a ride that explores the usage of watts! Riding with power helps outdoor and indoor riders achieve personal goals. Watts = Power, Power = More Calories Burned and Power = Stronger Rides Outside. Since you control your resistance you can customize the class to your level! This is a 90 minute class!

Center Hours

Monday – Friday
4:30 a.m. – 9:00p.m.

Saturday
6:00a.m. – 6:00 p.m.

Sunday
8:00a.m. – 6:00 p.m.



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HEALTH &
FITNESS CENTER



MIND & BODY CLASSES

WINTER

Effective November 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ashtanga Yoga 5:15-6:00am Curtis		Vinyasa Flow 5:15-6:00am Cassie		Vinyasa Flow 5:15-6:00am Lyne		
Slow Mo Yoga 6:15-7:00am Faith			Vinyasa Flow 6:15-7:00am Lyne			
Yoga for Chronic Pain 9:00-10:00am Toni	Barre 9:00-9:45am Becky	Tai Chi for Balance 9:00-10:00am Becky	Barre 9:00-9:45am Andrea	Yoga for Chronic Pain 9:00-10:00am Toni	Vinyasa Flow 9:00-10:00am Colleen	
SomaYoga 10:30-11:30am Pam	Gentle Yoga 10:30-11:30am Teri	Chair Yoga 10:30-11:30am Paul/Jill	Gentle Yoga 10:30-11:30am Teri	SomaYoga 10:30-11:30am Pam	Barre 10:15-11:00am Colleen	Gentle Yoga 10:30-11:30am Jill
Barre 12:00-12:45pm Ashley	Yin Yoga 11:45-12:45pm Teri	Yoga 12:00-12:45pm Paul	Yoga Sculpt 12:00-12:45pm Colleen	Mat Pilates 12:00-12:45pm Haley		
Restorative Yoga 1:00-2:00pm Paul	Yoga for Alignment 1:00-2:00pm Michelle	Restorative Yoga 1:00-2:00pm Paul	Tai Chi For Health 1:00-2:00pm Paul			Pranayama & Meditation 2:30-3:30pm Pratiksha
	NIA 4:45-5:30pm Andrea		NIA 4:45-5:30pm Andrea			Vinyasa Flow 4:00-5:00pm Colleen
Instructor's Choice 5:45-6:45 pm Rotation	Gentle Yoga 5:45-6:45 pm Jill	Mat Pilates 5:45-6:45 pm Noelle	Yoga 5:45-6:45 pm Jill			

Items in **RED** indicate a new class, new instructor and/or new class time.

Mind & Body Class Descriptions:

Ashtanga Yoga: This method of yoga involves synchronizing the breath with a progressive series of postures (the same postures every session) a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Barre: An invigorating complete body workout fusing yoga, ballet and Pilates to create a strong core and sculpted lean muscles. All levels are welcome!

Cardio Barre: Cardio barre builds on the combination of postures inspired by ballet, yoga, and pilates, but kicks the intensity up a notch. This class will include quicker pace barre work, light weight resistance training, and cardio intervals to increase the heart rate and increase the intensity. (Monday Rotation)

Chair Yoga: A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

Gentle Yoga: A slower, gentler yoga class combining breath with movement using poses designed to improve strength, flexibility and balance in body, mind and spirit. Props make this practice accessible to all levels.

Mat Pilates: Pilates mat is a low impact, full body workout with an emphasis on alignment, breathing, core work, and improving coordination and balance. Pilates helps improve flexibility and builds functional strength and endurance in the entire body.

NIA: Nia is a dynamic cardiovascular workout that stimulates and integrates your mind/body/spirit and leaves you feeling recharged, rejuvenated and fully alive. Nia blends dance, martial arts, yoga and healing arts to allow your child, athlete, warrior and dancer within to expressively emerge. Participants are encouraged to modify their movement, speed and range of motion so all fitness levels can self-guide their Nia practice to meet their needs.

PiYo Live: PiYo combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. This is a music-based, fast paced class providing and intense yet low impact workout. (Monday Rotation)

Pranayama & Meditation: Pranayama and meditation are two primary components of yoga, they are the fourth and seventh limb of Ashtanga Yoga. While meditation focuses on spiritual connection of mind, body and soul Pranayama deals with various breathing techniques. This yoga class goes beyond practicing Yoga asanas and focuses on removing stress and tension from the body and mind through breathing and meditation. Suitable for all ages and ability levels.

Restorative Yoga: A less intense yoga practice moving at a slow and steady pace. This consists of using props (blocks, blankets, straps) to support oneself in poses and the poses are held for several minutes. Restorative yoga has a special emphasis on relaxing. Most of the class is done down on a mat. Restorative yoga is appropriate for all levels.

Slow Mo Yoga: Gradually wake your body up while stretching and strengthening your muscles in the process. How slow can you go?

Slow Flow Yoga: Slow flow yoga is a meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self. It's a practice that builds strength, and each movement is initiated by controlled breaths. (Monday Rotation)

SomaYoga: SomaYoga uses a blend of Therapeutic Yoga, Classic Postures, and Somatics. Slow, small, gentle movements lead into larger postures with increased awareness of the trunk and core to help reduce chronic tension and pain and increase movement.

Tai Chi for Balance: This program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and prevent falls.

Tai Chi for Health: An evidence-based form of exercise derived from an ancient Chinese exercise system consisting of slow, relaxed movements. Studies show that tai chi improves balance, functional mobility and flexibility, increases strength, reduces risk of falling, reduces pain and stress and increases psychological well-being. It is appropriate for all ages and abilities. This class is usually done standing, but it can be adapted for participants to be seated for all or part of the class.

Vinyasa Flow: This class focuses on the synchronization of breath & the continuous flow of movement. Vinyasa is a strong practice that builds heat, endurance, flexibility, strength and mental focus. Learn correct alignment and how to safely move in and out of postures. Explore sun salutations, standing poses, balancing postures, seated and reclining poses, back-bends and core isolation. All levels welcome.

Yin Yoga: Slow, meditative style of yoga cultivating stillness in the body and in the mind. Postures are mostly seated and are held for longer periods of time to allow you to move beyond muscle and into connective tissues; increasing circulation in the joints and improving flexibility. Props make this practice accessible to all levels.

Yoga: This is a traditional Hatha yoga class - emphasis is on body awareness, breath, and the alignment of the posture. Hatha yoga postures strengthen and stretch the body, promoting balance and flexibility.

Yoga for Alignment: Yoga for Alignment begins with a centering through grounding and breath, followed by minimal warmup. Posture variations are offered to meet all abilities and props are used to support and enhance alignment in the poses, so students can progress in their individual practice.

Yoga for Chronic Pain: This yoga class will help you understand chronic pain as a mind-body experience. By using yoga's toolbox of healing practices, including breathing exercises, stretching, restorative poses as well as meditation, you will learn how to regain sense of safety, control and courage to move past your experience of chronic pain, to find relief and begin to reclaim your life.

Yoga Sculpt: Yoga sculpt is Vinyasa flow yoga with props such as weights, balls, bands, etc. This class will include core work as well. The music will be upbeat and fast paced. (Monday Rotation)