



Group Fitness Schedule 2019



800 South Park Lane
Knoxville, IA 50138
641-828-0580

Center Hours:
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm

Land Fitness August 1st - 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:55am	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind	Butts & Guts	7:15-8:15am Cycle Mix UP
6:00-6:45am	Power Pump		Power Step	Tone It Up	Yoga Flex	
8:15-9:00am		PiYo AM		Ampd Power Flow®	Silver Sneakers Classic®	
10:00-10:45am	Silver Sneakers Circuit ®	Boom Move®	Boom Muscle®	Boom Mind®		
5:30 - 6:15pm	Step It UP	Zumba®	Rhythm Ride	PiYo PM		

Outdoor Land On Sundeck 12th - 30th (Weather permitting)

	Monday	Tuesday	Wednesday	Thursday
5:45-6:15am	Mobility Mix	Tone it Up	Butts & Guts	Sunrise Circuit
10:00-10:30am	Beginning Walk	Beginning Strength	Beginning Walk	Beginning Flow
5:30-6:00pm	Core Hiit	AMPD Powerflow®	Sunset Circuit	PiYo PM

1st grade & up
welcome in **ALL**
classes with adult
present. (6th grade
and up may
participate in
cycling classes)
Instructors reserve
the right to bench
the non-
participating.

Our gym, racquetball court, & circuit room will be closed August 12th - 31st for floor refinishing. Class schedule will resume in September! Thank you for understanding!

Water Fitness August 1st & 2nd

	Thursday, August 1st	Friday, August 2nd
5:10-5:30am		Aqua Fury
7:30-8:00am	Aqua Revive	H2O Stroll
8:05-8:35am	Aqua Restore	Deep Strength
6:20-7:00pm	Aqua Blast	

Water Fitness August 5th - 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:30am		Aqua Fury			Aqua Fury	No Class 31st 8:30-9:30am Aqua Explode
7:50 - 8:35am	Silver Splash®	Aqua Rhythm	Aqua Light and Lively	Aqua Revive	H2O Stroll	
8:45 - 9:25am	Deep Flow	Wellness Waves	Deep Voyage	Aqua Restore	Deep Strength	
6:20-7:00pm	Aqua Zumba®	Deep Dynamite	Wwow + Deep Jog	Aqua Blast		