

September & October

Sept. 7th Hours 1-5pm

No Classes Sept. 5-7

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:10am	Mobility Mix	Cycle Sync	Simply Strength	Get Your CYCLE Sweat On	PiYo®
7:50-8:30am	Deep/ Shallow Cardio	Deep/ Shallow Strength	Deep/ Shallow Travel	Deep/ Shallow Balance	Deep/ Shallow Rhythm
8:15-9am	Power Tone		Cycle Pedal Power		Yoga
10-10:45am	Silver Sneakers Classic®		Boom Move® and Stick To The Beat		EnerChi®
12:10-12:50pm					Cycle Friday Fun
4:40-5:20pm		Zumba Toning®	Country Core HIIT	Butts & Guts	
5:30-6:15pm	PiYo®	Burn Zone	Rhythm Ride	Zumba Step®	
6:20-7pm	Aqua Zumba		Deep/ Shallow W-WOW		



Black-Out Saturday

7:30-8:15am
Cycle Blaze

8:30-9:15am
Land Blitz

9:30-10:15am
Aqua Thunder

IMPORTANT NOTES

Please do not arrive more than 10 minutes before class start time.

Equipment will be set up by instructor.

Classes will follow COVID-19 guidelines.

Please practice social distancing while in the facility.

Knoxville Rec Center
800 South Park Lane
641-828-0580
www.knoxvilleia.gov

Center Hours:

Mon-Fri: 5am-9pm
Saturday: 7am-7pm
Sunday: 1pm-5pm

Open Gym

Half the gym will be open during fitness classes, otherwise the entire gym is open during business hours.

Important Note: Fitness instructors reserve the right to take the Entire gym during a class to ensure social distancing. In that instance, open gym will re-open after the instructors have finished picking up their equipment when class is over.



Class Name: (Type of workout) description

Butts & Guts (Strength) full body with an emphasis on core and glutes
Mobility Mix: (Mind/Body) mat & band—full body range of motion work
Simply Strength: (Strength) dumb bells, mat— full body
Power Tone: (Strength) slides & dumb bells—core & balance
Zumba Toning
Zumba Step
Country Core HIIT
Burn Zone
PiYo®: (Strength/HIIT): full body strength conditioning
Yoga: (Mind/Body) flexibility & balance training

Cycle Classes

Tuesday: Cycle Sync: (HIIT) tempo based bursts to build endurance
Wednesday: Cycle Pedal Power: tempo speed & sets
Wednesday: Rhythm Ride: music driven cycling
Thursday: Get Your CYCLE On: (HIIT/ Strength) Hills & Drills
Friday: Cycle Friday Fun: a different traditional cycling format each week

Silver Sneakers Classes

Monday: Silver Sneaker Classic®: (Strength) muscle building
Wednesday: Boom Move® & Stick to the Beat: (Cardio) music driven cardio & drumming
Friday: EnerCHI®: (Mind/Body) Tai Chi inspired mind, body, & balance centering

Morning Water Classes: (all held in the deep and shallow end, choose your side)

Monday: Cardio
Tuesday: Strength
Wednesday: Travel
Thursday: Balance
Friday: Flow

Evening Water Classes:

Monday: Aqua Zumba (shallow): (Cardio/ HIIT) choreography based, music driven
Wednesday: Deep/ Shallow W-WOW (Cardio) Water—Walking Off Weight, choose your side shallow or deep.

Black Out Saturday

Cycle Blaze: (Cardio) music inspired, energy driven, ‘party on the bike’
Land Blitz: 9/12 Butts & Guts; 9/19 Intervelocity; 9/26 PiYo®; 10/3 Step; 10/10 Core HIIT; 10/17 Yoga; 10/24 AMPD Power Flow®; 10/31 Spooktacular Cardio Event
Aqua Thunder: (Cardio/Strength) deep cardio and shallow strength conditioning

COVID-19 Guidelines Overview

- Please practice 6 feet social distancing at all times.
- Do not loiter in the building.
- If you are sick or not feeling well, please stay home.
- We recommend you bring your own ball. If you need a ball, ask the front desk and they will check one out to you. Return the ball immediately after use so it can be sanitized.
- We recommend coming ready to workout to limit locker room use.
- Fitness class instructors will set up, tear down, and sanitize all equipment for classes.
- Do NOT arrive more than 10 minutes prior to a fitness class.

Black Out Saturday Challenge

Must Complete 8 classes

One of the 8 Saturdays is free (counts even if you don't attend)

You can ‘carryover’ one weekday class to count as a Saturday

All Saturday classes count, but can only count 1 per day.