

# AUGUST

## Fitness Class Schedule

The Gym, Circuit Room, and Racquetball Court will be closed beginning August 16th for floor refinishing. They will re-open on September 1st.

If you wish to use the Weight Room, you will need to check in at the front desk then go outside and enter through the side door.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	AMPD® 2,500 Steps	Cycle RPM 6,000 Steps	PiYo 3,000 Steps	Cycle Zone 6,000 Steps	Hard Core 3,000 Steps
7:50-8:30am	Deep/ Shallow Cardio Crunch 3,500 Steps		Deep/Shallow W-WOW 3,500 Steps		Deep/Shallow Circuit Overload 3,500 Steps
8:15-9:00am		Yoga Flex 2,500 Steps			Yoga Flow 2,000 Steps
10:00- 10:45am	SS Classic® 3,000 Steps	10-10:30am Stroll 3,000 Steps	SS Cardio 3,000 Steps	10-10:30am Stroll 3,000 Steps	Boom Mind® 3,000 Steps
5:30-6:00pm	Hard Core 2,500 Steps	Zumba 4,000 Steps	AMPD® 2,500 Steps	Power Tone 2,500 Steps	
6:20-7:00pm	Aqua Zumba® 4,000 Steps	Liquid Barre 4,000 Steps	Aqua Strength & Strides 4,000 Steps	Aqua Circuit Overload 4,000 Steps	Aqua Butts & Guts 3,500 Steps



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Parks & Recreation

### Open Gym

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

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

Red Classes will end after August 14th for gym floor refinishing and will resume on Wednesday, September 1st.

Green Classes are outside the whole month of August, weather permitting. Meet the instructor at the front desk.

Blue Classes are in the pool.

Purple Classes are on the pool deck from August 16th-27th. These classes will also become 30 minutes beginning August 16th, ending 15 minutes early. They will resume in the gym on August 30th.



**Class Name:** (Type of workout) equipment—target

**Ampd Powerflow®:** (Strength/Mind/Body) combination of yoga and strength training

**Barre:** (Mind/Body): combination of ballet, Pilates, yoga, and light weight training

**Yoga:** (Mind/Body) gentle yoga flow

**Hard Core:** (strength) strength workout to focusing on your core

**Circuit Overload:** (Strength) multiple station strength circuit

**Zumba:** (Cardio/ HIIT) fun music driven dance workout

**Cycle Classes:** All are moderate to high intensity, fun cardio workouts

**Tuesday—Cycle RPM**

**Thursday—Cycle Zone**

**Saturday—Cycle Saturday**

**Silver Sneakers Classic®:** (Strength) basic circuit to build muscle

**Boom Mind®:** (Mind/Body) Tai Chi inspired mind, body, & balance centering

**SS Cardio:** (Cardio) variety cardio work

**Strength Stroll:** (Cardio/Strength) outdoor stroll weather permitting, otherwise will be indoors

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

**Monday:** Cardio Crunch

**Wednesday:** Wave Lengths

**Friday:** Circuit Overload

**Evening Water Classes:**

**Monday: Aqua Zumba®:** (Cardio/ HIIT) fun music driven dance workout

**Tuesday: Aqua Circuit Overload:**

**Wednesday: Aqua Strength & Strides:** (Cardio/Strength)

**Thursday: Liquid Barre:** (Mind/Body)

**Friday: Aqua Butts & Guts** (Cardio/Strength)