

*New Interactive
Schedule!*

February

*See Back
For Details!*

Cardio Classes in Red

Week Day Slay

	Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:55am	Mobility Mix	Cycle Grit	Step Boot Core	Cycle Grind	
6:00-6:30am	Simply Strength		Kickin' Abs!		Mat Muscles
7:50-8:30am	Silver Splash®	Aqua Rhythm	Aqua Light & Lively	Aqua Revive	H2O Stroll
8:15-9:00am		Power Tone	Step & Strength	Ampd Powerflow®	Yoga
8:45-9:25am	Deep Wall Strength	Fluid Balance	Deep Voyage	Aqua Restore	Deep Drills & Skills
10:00-10:45am	SS Strength Progressions®	10-10:30 Boom Move® 10:30-11 EnerChi®	Stick To The Beat	10-10:30 Boom Muscle® 10:30-11 EnerChi®	Silver Sneakers Classic®
4:40-5:20pm	Cycle 101	Kickin' Abs!	Butts & Guts	Step it Up!	Power 1/2 Hour 4:40-5:10pm
5:30-6:15pm	Step It Up!	PIYO Live®	Rhythm Ride	Zumba®	
6:20-7:00pm	Aqua Zumba®		Aqua Pumped		
6:30-7:15pm		Yoga		Yoga	

**Knoxville Stingrays
Home Swim Meet
Feb. 15, 2020**

**Pool & Gym Closed
7am-2pm**

Weekend Warriors Saturday

**No Classes
2/15**

7:15-8am

Cycle

8:15-9am

Step & Strength

Sunday

4-4:30pm

Power 1/2 Hour

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

Gym Schedule

Full open gym available except when class or power volleyball times are listed, then half gym available.

Open Volleyball

All Ages

Monday's
3pm-8:30pm

Power Volleyball

High School and Up

Wednesday's
6:30-8:30pm

Kid Friendly Classes

1st grade & up welcome in All classes with adult present.

6th grade and up may participate in cycling classes.



Class Name: (Type of workout) equipment—target

- Ampd Powerflow®:** (Strength/Mind/Body) Kettlebell , resistance band
- Butts & Guts:** (Strength) mat, sliders, small ball - butts, legs, & core
- Simply Strength:** (Strength) dumb bells, mat— full body
- Power Tone:** (Strength) slides & dumb bells—core & balance
- Mat Muscles:** (Strength) mat & dumb bells—floor based strength & conditioning
- PiYo Live®:** (Strength/HIIT): mat—full body strength conditioning
- Step Boot Core:** (HIIT) step, dumb bells, body bar - full body strength
- Power 1/2 Hour:** (HIIT) Weeks: 1/5 Piyo, 2 Kickboxing, 3 Cycle, 4 Step Boot Core
- Kickin’ Abs!:** (HIIT) cardio conditioning kickboxing
- Step & Strength** (HIIT) Step Bench, dumb bells—cardio conditioning for the heart and legs
- Step it Up:** (Cardio) Step Bench—cardio core conditioning for the heart and legs
- Zumba®:** (Cardio) no equipment—full body calorie burn
- Mobility Mix:** (Mind/Body) mat & band—full body range of motion work
- Yoga:** (Mind/Body) mat—flexibility & balance training

- Cycle Grit:** (HIIT) bike—tempo based bursts to build endurance
- Cycle Grind:** (Cardio/ Strength) bike— longer sets to build power
- Rhythm Ride:** (Cardio) bike— music driven cardio conditioning
- Cycle Saturday:** (Cardio) bike—a different workout each week
- Cycle 101:** (Cardio) bike—intro to cycling, good for all levels of cyclers

- Silver Sneakers Classic®:** (Strength) chair, ball, band, dumb bells—to build muscle
- SS Strength Progressions®:** (Strength) chair, ball, band, dumb bells—maintain muscle
- Silver Sneaker Circuit®:** (HIIT) chair, ball, band, dumb bells—total body conditioning
- Boom Move®:** (Cardio) heart, brain, and balance conditioning
- Boom Muscle®:** (Strength) dumb bells, band—slow, controlled, strength conditioning
- EnerCHI®:** (Mind/Body) chair—Tai Chi inspired mind, body, & balance centering
- Stick to the Beat:** (Cardio/ Strength) stability ball, small ball, drum sticks— drumming on a stability ball

- Aqua Pumped** (shallow): (Strength) buoys & weighted bar—strength & conditioning class
- Aqua Light & Lively** (shallow): (Strength) - dynamic body & balance work
- Aqua Restore** (shallow): (Mind/Body) yoga & Pilates in water
- Aqua Revive** (shallow): (Cardio) - gentle bursts to improve mobility & core stability
- Aqua Rhythm** (shallow): (Cardio) - steady state movement, heart strengthening
- Aqua Zumba®** (shallow): (Cardio/HIIT) choreography based, music driven
- H2O Stroll** (shallow): (Cardio) water walking class w/ strength components
- Silver Splash** (shallow): (Cardio/Strength) - Silver Sneakers in the water
- Fluid Balance** (shallow): (Mind/ Body) Tai Chi based movement flow
- Deep Voyage** (deep): (Cardio) fun traveling moves with a noodle
- Deep Drills & Skills** (deep): (HIIT) bursts of cardio , strength, & core
- Deep Wall Strength** (deep): (Strength) wall based pool strength

** Lifting Weights? - pair with a cardio or HIIT class
 ** Doing Cardio? - pair with a strength or stretch class

Nailed It!

****Pairing Fitness Classes with Your Goals and Workouts**

Workout!	Hydration/ Nutrition!	Intention!
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		

**Spring Fling Fitness Basket
 February Entry**
For every Cardio Class you attend you will receive an entry for the Spring Fling Fitness Basket to be given away at the beginning of May.