


# March

**REMINDER**  
Pool will be CLOSED  
the ENTIRE month of  
APRIL  
for repainting and  
maintenance.

Mind Body Classes in Green

**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		Heart FX		Intervelocity
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	Stick HIIT 	Butts & Guts	Heart FX	Power Tone
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	

**Weekend Warriors**

**Saturday**  
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

<p><b>Gym Schedule</b> Full open gym available except when class times are listed, then half gym available.</p>	<p><b>Kid Friendly Classes</b> 1st grade &amp; up welcome in All classes with adult present.  6th grade and up may participate in cycling classes.</p>
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**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

**Intervelocity:** (Strength) dumb bells & body bar—strength and conditioning

**Stick HIIT:** (HIIT) stability ball & drum sticks—HIIT version of our standard Stick to the Beat

**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

**Heart FX:** (Cardio) An easy fun, music driven class with a new format each month

**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!
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**Spring Fling Fitness Basket**

**March Entry**

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