



## Fitness Class Schedule

### 4th of July Weekend Schedule

- No Aqua Butts & Guts  
Friday, July 2nd
- No class Saturday, July 3rd
- **CLOSED, Sunday July 4th**
- No classes Monday, July 5th

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	AMPD® 2,500 Steps	Cycle RPM 6,000 Steps	Circuit Overload 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 Wave Lengths 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	Barre 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

**Saturday**  
7:15-8:00am  
Cycle  
6,000 Steps

**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



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**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)