

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am	Pumped	Cycle Essence	Strong Nation®	Cycle Circuit	Circl Mobility®
7:50-8:30am Deep/Shallow	Aqua Strength		Aqua Circuit		Aqua Rhythm
9:00-9:40am	Burn		Butts & Guts		Yoga
10:00-10:45am	Silver Sneakers® Classic		Silver Sneakers® Cardio		Silver Sneakers® Yoga + Enerchi
4:45-5:25pm		Zumba®		Butts & Guts	
5:30-6:15pm	Cycle Circuit	Barre Blast	Kettlebell	Out of the Box	Circl Mobility®
6:20-7:00pm	Aqua Zumba®		Aqua Bootcamp		Deep Drills & Skills

Cycle Saturdays
7:15-8:30am

Mon-Fri: 5am-9pm
Sat: 7am-7pm
Sun: 1pm-5pm
800 S Park Lane
Knoxville, Iowa 50138
641-828-0580

Gym Offerings

Volleyball: net is up on Wednesdays

Noon Basketball: pick-up games Tuesdays and Thursdays 12pm-1pm

Open gym is available from open to close. Half gym is available during fitness classes.

THE REC
Family Fun Fitness
Knoxville Recreation Center
2023
Fitness Class Schedule

PASSPORT TO FITNESS
Join us as we travel through fitness classes from
September 5th-October 31st!

Cost: \$15.00
Register at the front desk!

Receive a passport and stamps for attending classes. Redeem your stamps for prizes!

16 stamps= choose between 1 week free to the REC or a free wellness assessment!
24 stamps= get entered into a drawing for a \$50 REC gift card!
32 stamps= Private fitness class for you and up to 5 friends! Choose your instructor, class, and time.




October

*See backside of page for class descriptions *

Class Descriptions:

Strong Nation®- a high energy workout that is part of the sweat session you'll hit the floor for some intense core exercises.

Circl Mobility®- based on the science of functional movement, focusing on flexibility, breath work, and mobility.

Yoga- gentle class with slow paced stretching and basic breath work.

Burn- basic steady state cardio class incorporating light weight work

Zumba®- dynamic calorie burning form of workout for people of all fitness levels and age groups.

Butts & Guts: A lower body and core focused strength training workout exclusive to the REC!

PUMPED: A full body weight training program using weighted bars and dumbbells to shape and tone your entire body

Out of the Box: Traditional kick boxing meets weighted bar toning for a HIIT workout—You will only find at The REC!

Cycle Revolution/Cycle & Strength/Cycle Circuit: Learn indoor cycling techniques of riding flats and hills to build lower body strength and endurance, improves your cardiovascular fitness level.

Kettlebell Connect: a Kettlebell workout focusing on form, strength, & conditioning .

Barre Blast: strengthen and tone muscles by incorporating specific sequencing patterns and isometric movements that target specific muscle groups.

Deep Drills and Skills: aquatic fitness class utilizing HIIT, strength training, and endurance with minimal impact on joints.

Aqua Bootcamp: Intermediate- Strength Water Endurance Training: Bootcamp in the pool.

Aqua Zumba®: Intermediate- Dance party in the pool! The Zumba® you love mixed with traditional water moves for a non-impact workout.

Aqua Strength: low impact activity to improve muscular strength

Aqua Circuit: low impact activity to improve muscular endurance

Aqua Rhythm: low impact activity that takes pressure off joints, bones, and muscles using resistance of water

Silver Sneakers Classic®: focuses on strengthening muscles and increasing range of movement for daily life activities.

Silver Sneakers Yoga + Enerchi®: fusing yoga and Pilates into one class designed to relax the body and mind with a Tai Chi, Ener Chi component, and stability.

Silver Sneakers Circuit + Strength®: aerobics class that's safe, heart-healthy and gentle on the joints with added strength focus.

Monday-Friday: 5am-9pm

Saturday: 7am-7pm

Sunday: 1pm-5pm



October