



Summer Group Fitness Schedule
 Start Date: Sunday - June 1st, 2008
 End Date: Sunday -August 31st, 2008

Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:00 am	PowerFlex <i>Dennice/Deb/Kathryn</i>	Cardio Plus <i>Leah</i>	Cardio Kick Box <i>Kathryn</i>	PowerFlex <i>Kathryn/Dennice</i>	Yoga <i>Andrea</i>
8:30-9:30 am	Cardio & Core <i>Dennice/Deb/Kathryn</i>	Kick & Core <i>Jessica</i>	PowerFlex <i>Jill</i>	Circuit Training <i>Leah</i>	Cardio Dance & Abs <i>Kathryn</i>
11:00-12:00 pm		SilverSneakers Strength <i>Jann</i>	SilverSneakers Cardio Circuit <i>Lisa/Jann</i>	SilverSneakers Strength <i>Lisa</i>	
4:45-5:30 pm	Balanced Strength <i>Leah</i>	Stabilization Cardio <i>Irene</i>	Stretch & Relax <i>Lisa</i>	Circuit Training <i>Irene</i>	
5:35-6:30 pm	Step Interval <i>Andrea</i>	Yoga <i>Shaylyn</i>	Step <i>Dawn</i>	Yoga <i>Andrea</i>	

	Saturday	Sunday
8:10-9:00 am	BOSU Blast <i>Irene</i>	
9:05-10:00 am	Fusion Fitness <i>Irene</i>	
4:00-4:45pm		Instructor's Choice <i>Kathryn/Irene</i>

Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00 am				Cycle <i>David</i>		
5:15-6:15 am		Cycle & Core <i>Dennice</i>				
8:05-9:00 am						Cycle <i>Laura/Liz/Jill</i>
8:30-9:15 am		Cycle <i>Jill</i>		Cycle <i>Jill</i>		

*****Classes are subject to cancellation due to low attendance. Thank you!*****

7 Flags Health & Fitness
 116 SE Lorenz Drive
 Ankeny, IA
 515-963-7676

Class Descriptions

Cardio

Cardio & Core

The first part of class will get your heart beating faster with a cardio workout (you won't be disappointed) and the last part of class will focus on the core.

Cardio Kick Box

An amazing total body workout! Combines an aerobic workout with knees and kicks of Tae Kwon Do and Karate and elbows and punches of Boxing and Muay Tai. You will burn calories while rocking to super music as you kick and punch your way into the best shape of your life.

Cardio Dance

Leave your inhibitions at the door and let's hit the dance floor! No dance experience is necessary. Come and join us for a slimming, sculpting and strengthening dance workout. Experience a variety of styles including jazz, Latin, pop, hip-hop, ballet and funk. You won't even realize you're working out!

Cardio Plus

A super workout consisting of a combination of cardio classes including step, hi/lo, ball work and more.

Kick & Core

Kick, jab and punch your way to tightened and toned arms, legs and abs! Kicks and punches are arranged in sequences to create an intensely fun class to ensure you get maximum results. Of course it isn't over until you finish your sweat session with a killer core workout! No boxing experience necessary.

Stabilization Cardio

This purposeful cardio workout uses low weight medicine balls (2 & 4 lbs.) while focusing on proper alignment, core strength and posture.

Step

A great cardio workout utilizing adjustable step platforms to vary intensity. Creative choreography and modifications for variable ability levels are demonstrated. High impact propulsion moves are optional.

Step Interval

A great cardio workout utilizing the step with intervals of high impact cardio or strength circuits.

Strength and Cardio

Balanced Strength

A dynamic fusion of strength training and abdominal work with a focus on balance.

BOSU Blast

Improve your core strength and experience an awesome, explosive cardio workout. This class is ideal for those who desire more core strength and athletic ability.

Circuit Training

If you want to look your best, feel your best and be your best then this is the class for you! This class is as tough as you want it to be because you set the pace! Join us as we combine strength training and aerobic fitness to burn calories and have fun. We supply the toys...you will not be disappointed.

PowerFlex

This carefully designed toning class emphasizes muscular endurance and overall body sculpting by working every major muscle in the body. The focus is to affect muscle fiber, strength, bone tissue and body composition using various forms of resistance equipment (body bar, dumbbells, resistance bands and balls).

Mind-Body

Fusion Fitness

A unique blend of fitness conditioning, yoga and Pilates. Based on a progressive series of exercises and postures, the focus is core stabilization techniques that improve strength, balance, and flexibility.

Stretch & Relax

Learn to reduce postural tightness, increase blood flow, decrease muscle tension and improve your workouts by utilizing multiple stretching techniques.

Yoga

A full-body workout consisting of postures, conscious breath and relaxation to enhance flexibility, muscular strength and mental awareness.

Indoor Cycling

Cycling

Join Iowa's hottest indoor cycling club. No tail winds and no head winds! An excellent workout for all fitness levels. Rides consist of endurance, strength and all terrain and offer complete aerobic conditioning through experiencing all energy zones. Heart rate monitors recommended.

Cycle and Core

All the benefits of an indoor cycling class with an additional 15-minute core strengthening workout.

Specialty

Silver Sneakers® – Strength

This class is targeted to older adults from a variety of fitness levels who are looking to enjoy an upbeat, social workout. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Silver Sneakers® – Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Fitness Center Hours

Monday-Thursday	5 am – 10 pm
Friday	5 am – 8 pm
Saturday	7 am – 5 pm
Sunday	8 am – 5 pm

Child Care Hours

Ages 3 months – 8 years. Cost is \$1 per child per visit.

Monday – Friday	8 am - noon and 4 pm - 8 pm
Saturday	8 am - noon