

# Join our Fitness Classes



**BODY ROCK:** This is not your ordinary sculpting class. Pump it up in this group strength training class that incorporates dumbbells, resistance bands, and stability balls into a great workout! (All levels)

**PILATES PLUS:** Pilates-based mat exercise class is designed to lengthen and strengthen your entire body using your core muscles. Pilates will help you improve your posture, balance, and flexibility. Classes are offered for all ability levels. Watch for introductory workshops, too! (All levels)

**FITNESS COMBO:** This is a great class for beginners, those getting back into fitness, and anyone wanting a variety of cardio, strength, and flexibility all in one class. All ages are welcome to participate. (All levels)

**ACTIVE ADULT CARDIO & STRETCH:** These classes are specifically designed for those 50 years and older. Movers class incorporates cardiovascular movement to your favorite music. Strength class uses dumbbells, bands, and balls to increase mobility, strength, and balance.

**FIT BALL WORKOUT:** Keep your Friday workout fun and functional for your weekend activities. Work on balance, core training, and strength training all using the stability ball. Great for all ages and levels. Guys love this class, too!

**FITNESS YOGA:** Lengthen and strengthen your muscles in this fitness yoga class.

**CORE POWER YOGA:** This new class combines Pilates and yoga exercise, and instructor will throw in a little cardio as well.

**AQUA FIT:** Low to moderate intensity water class that is heavy on the cardio, yet light on the joints. Muscle toning is also included. This class is great for all ages and ability levels.

**SPECIALTY WELLNESS CLASSES:** The following classes are offered on a registration basis only. Senior strength and fitness classes, women's strength training, TRX FIT, sport related conditioning/training classes, incentive programming, TRX Golf, stretching, and balance classes.

**ZUMBA:** The popular body-shaping, music-driven work out is here. Move and Groove into Fitness by boosting your energy to the sounds of the beat! Let the music move you!

**ZUMBA KIDS:** Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities, and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. We typically begin offering this class during the fall time, with the first session beginning sometime in October - November, depending on the Instructors availability.

**XCO FITNESS:** This class mixes latin rhythms and athletic movements using intelligent physic tools called XCO-Trainer Studio Sets. The result is the most extraordinary, intense, and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.

## REGISTER ONLINE @ [WWW.BETTENDORF.ORG/REGISTER](http://WWW.BETTENDORF.ORG/REGISTER)

Register in advance to guarantee your spot.

Register online at [www.bettendorf.org/register](http://www.bettendorf.org/register) or in person at the Life Fitness Center. Member registration begins 2 weeks prior to each session. Non-member begins 1 week prior. All classes are first come, first serve. Classes with less than 6 participants may be cancelled.

## FITNESS CLASS SESSION INFORMATION

Summer II 2019	July 15 - August 31
Fall I 2019	September 2 - October 19
Wellness Week '19	October 21 - 26
Fall II 2019	October 28 - December 14
Holiday 2019	December 16 - 28
Winter I 2020	December 30 - February 16
Winter II 2020	February 17 - April 4
Spring I 2020	April 6 - May 23
Summer I 2020	May 25 - July 11

## PERSONAL TRAINING

We offer multiple personal training packages for members AND non-members! Rates start at \$45 per 1-hour session, and we offer private or semi-private sessions. No matter your current fitness level, we can help you reach your goals! Our staff consists of 5 personal trainers and fitness instructors with 30 years experience! Call or stop by our front desk today for more information or to schedule your sessions!

### MEMBERS

1 Sess	\$45
5 Sess	\$204
10 Sess	\$380

### SEMI-PRI MEM

1 Sess	\$70
5 Sess	\$388
10 Sess	\$740

### NON-MEMBERS

1 Sess	\$60
5 Sess	\$250
10 Sess	\$480

### SEMI-PRI NON-MEM

1 Sess	\$100
5 Sess	\$480
10 Sess	\$940