



Get well! Stay well!

(641) 628-4622

www.WorkSystemsPC.com

DAILY FACILITY HOURS

Monday–Thursday

5:00am-9:30pm

Friday

5:00am-8:00pm

Saturday

7:00am-8:00pm

Sunday

1:00-6:00pm



GROUP FITNESS CLASSES



BODYCOMBAT™ is the empowering cardio workout where you can totally unleash. Supported by driving music and powerful role model instructors you will strike, punch, and kick your way through calories to superior cardio fitness.



This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



This class is a high energy Latin dance class which combines dance and fitness together. You can be sure to work up a sweat and have a smile on your face during the whole class. Please wear athletic shoes with lateral support (aerobic or court shoes) or jazz sneakers.

TOTAL BODY BLAST: Class participants will be challenged with a variety of aerobic moves to enhance their cardiovascular fitness level. Classic Hi-Lo aerobics, step and BOSU will be utilized at the instructor’s discretion.

GROUP CYCLING: This is an exercise class on a stationary bike that simulates an outdoor cycling experience. This class is perfect for the beginner, recreational cyclist, or serious racer. Please bring a water bottle to class.

LEAN & MEAN: The best exercises from the weight room put to music in a group setting. Learn proper form and technique using weights and resistance equipment to tighten and tone your entire body. Every major muscle group is worked. This class can be modified to meet all fitness levels.

FITNESS 40: Get a midday boost of energy with this 40-minute full-body toning class. You will work all major muscle groups in a power-packed workout that will firm and tone, while increasing your energy for the rest of the day.

CORE: Challenge your core muscle groups utilizing body weight, BOSU, medicine and stability balls.

FIT 4 LIFE: This class is for our older adults who want to increase their strength, cardio fitness, flexibility and balance through functional exercises. We will use a variety of equipment and class set-ups to develop functional movement, coordination and agility.

STEP: This class involves stepping up and down on an adjustable platform while performing upper body movements. Step is a great cardiovascular workout which will improve coordination and agility.

Childcare Hours:

Mornings
Mon-Fri: 8:30-11:00am

Evenings
Mon-Thu: 5:15-7:45pm
Friday: 4:15-6:45pm

(SEE REVERSE SIDE FOR WEEKLY SCHEDULE BEGINNING SEPTEMBER 6)