

# May 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
5:10 am (20 min)		CORE Conference Room		CORE Conference Room	
5:30 am (60 min)	Conference Room	Aerobic Studio Spin Studio	Conference Room	CYCLING Spin Studio	Conference Room
7:15 am (45 min)	FIT 4 LIFE Aerobic Studio		FIT 4 LIFE Aerobic Studio		FIT 4 LIFE Aerobic Studio
8:45 am (45 min)	Aerobic Studio	CYCLING Spin Studio	LEAN & MEAN Aerobic Studio	YOGA-LATES Aerobics Room <small>(Thru May 24)</small>	Conference Room
9:35 am (45 min)	Conference Room	Aerobic Studio	Conference Room	Aerobic Studio	Spin Studio
12:10 pm (40 min)	Spin Studio	Aerobic Studio	Conference Room	Aero bic Studio	FITNESS40 Aerobic Studio
4:30 pm (60 min)					Aerobic Studio/Gym
5:30 pm (60 min)	Conference Room	Spin Studio	Aerobic Studio Conference Room	Conference Room	Aerobic Studio
6:40 pm (60 min)	Aerobic Studio	YOGA Rehab Area	Aerobic Studio/Gym		

## Weekend Classes

	Saturday	Sunday
8:30 am (60 min)	Conference Room	
9:30 am (60 min)	YOGA Conference Room	
2:30 pm (60 min)		Aerobic Studio
Note:	We will not be offering <b>BodyPump</b> & <b>Zumba</b> during the month of May. Please enjoy your Sundays during Tulip Time, Mother's Day, graduation parties and Memorial Day weekend.	

## Holiday Classes

	Memorial Day
8:30 am (60 min)	Conference Room
9:30 am (60 min)	Les Mills RPM Spin Studio



Get well! Stay well!

(641) 628-4622

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**DAILY FACILITY HOURS**

Monday—Thursday

5:00am-9:30pm

Friday 5:00am-8:00pm

Saturday 7:00am-8:00pm

Sunday 1:00pm-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!



This indoor cycling workout moves 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.

**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.

**YOGA:** An introduction to flow yoga. These postures flow with the breath to build heat in the body, increasing both flexibility and strength with practice.

**YOGALATES:** A fusion of "hard core" Pilates and relaxing Yoga stretches. Turn your exercise routine on its head and enjoy benefits of balancing. Enhance your abs, then flow into de-stress sessions.

**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.

**Childcare Hours:**

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

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