

# Fitness Class Definitions

**3-n-1 Aqua:** Aquatics designed & open for the healthy pregnant, postnatal women shared in a Senior Aquatic environment. Water is soothing on the joints and muscles and helps to increase stamina, strength and flexibility. Written permission from doctor is required before attending class. .

**Abs:** Abdominal exercises that increase core stability while improving back strength.


**Aqua Aerobics:** Aerobics in a fun filled aquatic environment. Water is ten times more resistant than air yet offers added support for the joints making it a great workout for the beginner to the advanced.


**Body Bar:** Body sculpting with a weighted fitness bar. Increase strength as well as stability and balance. One bar. Infinite workouts.


**Boot Camp:** High energy cardio workout!!! Similar to interval training alternating between moderate to high intensity. Lots of repetition and athletic moves. Variety of equipment may be used.

**Circuit Training:** Total body workout to upbeat music alternating between weight training, cardiovascular endurance and abdominal exercises. Workouts change daily.

**Core Training:** Non-aerobic muscle toning class with an emphasis on core strength.

 : Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways.

 : This barbell program strengthens all your major muscles in a motivating environment with energetic music and instructors. With simple movements such as squats, lunges, presses and curls, **Group Power** is for all fitness levels.

 : Everyone finishes first in Group Ride! This cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

**Hi/lo Body Sculpt:** Floor aerobics either high or low impact (your choice). Body Sculpting with hand held weights or resistance bands during 2nd half of class.



**R30:** Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power and end with a rush!

**Senior Aquatics:** Fitness and fun in an aquatic environment specifically designed for our senior members.

**Stability Ball:** Define, tone and strengthen your body using the stability ball.

**Stott Pilates:** Mat based exercises that strengthen core muscles (ab, spinal, leg). These exercises also lengthen muscles and increase flexibility.

**Yoga:** Hatha, the most common form of yoga taught in the United States that balances mind and body through physical exercises (poses) and controlled breathing. Improves flexibility, strength and balance.



**ZUMBA** : Zumba® is a cardio-based Latin inspired dance /fitness class. This class is dynamic, fun and a effective fitness system.

**All Four Seasons Fitness Instructors are nationally certified.** Group fitness questions can be directed toward Kerri Maxon. (712-255-7659)



## Group Fitness Class Schedule

### Club Hours:

Monday - Thursday 5:00 a.m. - 10 p.m.

Friday 5:00 a.m. - 8 p.m.

Saturday 8:00 a.m. - 6 p.m.

Sunday 8:00 a.m. - 8 p.m.

### Aquatic Hours:

Monday - Thursday 6:00 a.m. - 9 p.m.

Friday 6:00 a.m. - 7 p.m.

Saturday 8:30 a.m. - 5 p.m.

Sunday 8:30 a.m. - 7 p.m.

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# Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am Group Ride® * 55 min	5:20am Group Power® 60 min #1	9:00am R30® * 30min	5:20am Group Power® 60 min #1	9:00am Group Ride® * 55 min	9:00am Group Ride® * 55 min	10:15am Yoga 60 min #3
10:15am Yoga 60 min #3	9:00am Hi/lo Body Sculpt 60 min #1	9:35am Core Training 30 min #2	9:00am Body Bar 50 min #1	10:15am Yoga 60 min #3	9:00am Group Power® 60 min #1	
12:15pm Group Power® 45 min #1	12:00pm R30® * 30min	10:15am Yoga 45 min #3	9:45am Abs 15 min #1	12:00pm R30® * 30min	10:15am Zumba® 45 min #1	
5:30pm Group Blast® 55 min #1	5:30pm Group Power® 60 min #1	12:15pm Group Power® 45 min #1	12:00pm Group Ride® * 55 min		10:15am Shake & Shed RKSOLID 45 min #2	
5:30pm Group Ride®® * 55 min	5:30pm Zumba® 55 min #2	5:30pm Group Ride® * 55 min	12:00pm Yoga 45 min #3			
5:30pm Stott Pilates® 60 min #3	5:30pm R30® * 30min	5:30pm Group Blast® 55 min #2	5:30pm Group Power® 55 min #2			
5:30pm Zumba® 55 min #2	5:30pm Yoga 60 min #3	5:30pm Stott Pilates® 60 min #3	5:30pm Zumba® 55 min #1			
		6:15pm Shake & Shed RKSOLID 45 min #2	5:30pm R30® * 30 min			
			5:30pm Yoga 60 min #3			

**Please be within 5 minutes when class begins to ensure a proper warm-up.**

- \* Indicates pre-registration at the front desk required.
- # Indicates studio room. Studios #3 is located on the upper level above Child Care.
- † AFAP - Arthritis Foundation Aquatic Program  
No charge for Four Seasons Members. Non-members \$60.00 for 10 classes, inquire at the service desk for additional information

## Circuit Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Circuit Training 45 min	6:00am Circuit Training 45 min	6:00am Circuit Training 45 min	11:30am Circuit Training 45 min	6:00am Circuit Training 45 min	9:00am Circuit Training 50 min	
11:30am Circuit Training 45 min	11:30am Circuit Training 45 min	11:30am Circuit Training 45 min	4:30pm Circuit Training 45 min	11:30am Circuit Training 45 min	9:50am Abs 10 min	
4:30pm Circuit Training 45 min	4:30pm Circuit Training 45 min	4:30pm Circuit Training 45 min				

## Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am Aqua Aerobics 50 min	9:30am Senior Aquatics 45 min	9:00am Aqua Aerobics 50 min	10:30am Senior Aquatics 45 min	9:00am Aqua Aerobics 50 min	8:45am Aqua Aerobics 45 min	
10:30am AFAP† 60 min	10:30am Senior Aquatics 45 min	10:30am AFAP† 60 min	10:30am 3-n-1 Aqua 45 min	10:30am 3-n-1 Aqua 60 min		
5:45pm Aqua Aerobics 50 min	10:30am 3-n-1 Aqua 45 min	5:45pm Aqua Aerobics 50 min	5:45pm Aqua Aerobics 50 min	10:30am AFAP† 60 min		
	5:45pm Aqua Aerobics 50 min					