

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.

Aqua Circuits: Similar format as the land-based circuit classes. Various stations mixing cardiovascular exercises and strength conditioning. Dumbbells and bands may be used to increase resistance.

Basic Step: This aerobic workout features basic and intermediate step choreography designed to challenge the cardio-respiratory system.

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.

Cardio Mix/Physioball: Intense workout using various cardio methods, bodysculpting and core strengthening with physioball.

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

GROUP STEP: Discover new heights utilizing many positions and heights. This 55 minute cardio program strengthens and shapes the lower body. Energetic music and motivating instructors create high energy and fun.

GROUP POWER: 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.

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.

Interval Training: Total body workout using various cardio and resistance training.

Power Pacing: Feel the excitement of mountain biking movements to music with athletic training drills. This is one powerful program suitable to all fitness levels in the same setting; water and towel are required.

Power Yoga: Hatha yoga with a brisker more powerful athletic approach moving at a vigorous pace. Experience with Yoga is highly recommended and would be beneficial before taking this class

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



TurboKick TurboKick is a workout that combines shadow boxing, kickboxing, sports drills, and powerful heart pumping cardio moves in a party atmosphere. You'll kick and punch the calories away in this action packed, fun and effective cardiovascular workout.

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. Cost is \$3 per class or \$25 for a booklet of 12.

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



Visit us on the web at
www.fourseasonshealthclub.com



Group Fitness Class Schedule

Effective January 1st - March 31st

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 Power Pacing* 45 min | 5:30am Group Power® 45 min #1 | 9:00am Power Pacing* 45 min | 5:30am Group Power® 45 min #1 | 9:00am Boot Camp 60 min #1 | 9:00am Power Pacing* 55 min | 10:00am Yoga 60 min #3 |
| 9:00am Group Power® 60 min #1 | 6:00am Power Pacing* 50 min | 9:00am Zumba®* 55 min #2 | 6:00am Power Pacing* 50 min | 9:00am Hi/Lo Body Sculpt 60 min #2 | 9:00pm Group Power® 60 min #1 | 2:00pm Zumba®* 55 min |
| 10:15am Zumba®* 55 min #1 | 9:00am Interval Training 60 min #2 | 10:15am Cardio Mix/ Physioball 60 min #2 | 9:00am Body Bar 50 min #1 | 10:00am Abs 15 min #1 | 10:00am Abs 15 min | |
| 10:15am Yoga 60 min #3 | 9:00am Step 50 min #1 | 10:15am Yoga 60 min #3 | 9:50am Abs 15 min #1 | 10:15am Power Yoga 75 min #3 | 10:15am Power Pacing* 55 min | |
| 12:15pm Group Power® 45 min #1 | 9:50am Abs 15 min #1 | 12:15pm Group Power® 45 min #1 | 10:15am Zumba®* 55 min | | | |
| 4:30pm Yoga 45 min #3 | 12:15pm TurboKick® 45 min #1 | 4:30pm Yoga 45 min #3 | 12:00pm Power Pacing* 50 min | | | |
| 5:30pm Power Pacing* 55 min | 5:30pm Boot Camp 55 min #1 | 4:45pm Basic Step 40 min #2 | 12:15pm TurboKick® 45 min #1 | | | |
| 5:30pm Group Step® 55 min #1 | 5:30pm Zumba®* 55 min | 5:30pm Power Pacing* 55 min | 5:30pm Body Bar 60 min #1 | | | |
| 6:30pm Group Power® 55 min #1 | 6:30pm Yoga 60 min #3 | 5:30pm Group Step® 55 min #1 | 5:30pm Zumba®* 55 min | | | |
| | | 6:30pm Group Power® 55 min #2 | 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 | 11:30am Circuit Training 45 min | 6:00am Circuit Training 45 min | 6:00am Circuit Training 45 min | 6:00am Circuit Training 45 min | 9:00am Circuit Training 45 min | |
| 11:30am Circuit Training 45 min | 4:15pm Circuit Training 45 min | 11:30am Circuit Training 45 min | 11:30am Circuit Training 45 min | 11:30am Circuit Training 45 min | | |
| 4:15pm Circuit Training 45 min | | 4:15pm Circuit Training 45 min | 4:15pm Circuit Training 45 min | | | |

Aquatics

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