

FREE OUTDOOR FITNESS CLASSES AT THE
WATERLOO URBAN



FARMERS MARKET!

Group Fitness Schedule

EVERY SATURDAY IN JUNE & JULY FROM 8:00-8:45AM
AT THE RIVERLOOP EXPO PLAZA! THESE CLASSES ARE
OPEN TO THE PUBLIC AND DON'T REQUIRE ANY SIGNUP.

May 31st- July 31st

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Heated Yoga 5:10a / Jenn		Heated Yoga 5:10a / Jenn		Boot camp 5:10a / Lori	
					Boot camp 6:10a / Lori	
POWERHOUSE	Living Young 8:00a / Robin		Abs and Flexibility 8:00am Cris			
	Results 9:00a / Robin	Results Hiit 9:00a / Michelle	Results 9:00a / Robin	Results Hiit 9:00a / Michelle	Results 9:00a / Robin	Results 9:00a / Michelle
		Tabata 11:15a / Penie		Tabata 11:15a / Penie		
	Boot camp 4:30p / Bryan		Tabata 4:30p / Alyssa			
	Strength & Spin 5:30-6:00p / Eric			Tabata 5:30p / Alyssa	Total Body Fitness 6:30p / TY	
TURF	Boot camp 5:10a / Alyssa	Cardio Blast 5:10 a / Lori	Boot camp 5:10a / Candice	Boot camp 5:10a / Bryan		
	Boot camp 6:10a / Alyssa	Cardio Blast 6:10a / Lori	Boot camp 6:10a / Candice	Boot camp 6:10a / Bryan		
	Boot camp 10:00a / Bryan		Kick boxing 10:00a / Rhonda			
		Boot camp 4:30p Lori		Boot camp 4:30p / Anna		
		Boot camp 5:30p Lori		Mits & Grit Kickboxing 5:30p / Eric		
FITNESS STUDIO		Yoga 6:00a / Eliz		Yoga 6:00a / Eliz		
	Abs & Flexibility 8:00a / Cris	Barre 8:00a / Cris	Barre Fusion 8:00a / Robin	Soul Fusion 8:00a / Robin	Living Young 8:00a / Robin	
	Movin' & Groovin' 9:00a / Cris	Tai Chi 9:00a / Cris	Movin' & Groovin 9:00a / Cris	Tai Chi 9:00a / Cris	Cardio Dance 9:00a / Penie	Yoga 9:00a / Noel
		Yoga Stretch 10:00a / Eliz		Yoga Stretch 10:00a / Eliz	Vinyasa Flow 10:00a / Jenn	
	Cardio Dance 5:30p / Karyn		Cardio Dance 4:30p / Karyn			
PEDAL-PLEX				Spin 5:45a / Summer		
		Spin/Row 10:00a / Michelle		Spin/Row 10:00a / Michelle		Spin 8:00a / Michelle
	Spin 11:45a / Summer		Spin 11:45a / Summer		Spin 11:45a / Michelle	
	Strength & Spin 6:00-6:45p / Eric					
POOL	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Eliz	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Penie	Splash Splash 8:00a / Bryan	
	Cardio Blast 8:50a / Penie		Cardio Blast 8:50a / Penie	Butts & Guts 8:50a / Penie		
	Aqua Jam 5:30p / Brooke	Aqua Jam 5:30p / Anna		Aqua KBOX 5:30p / Anna		

Boot camp: These classes are designed to keep you motivated so that whether you're getting up before the sun or coming after work, you always know it'll be worth it! Each class is designed to push you, but never in the same way as the day before. Our goal is to offer encouragement rather than intimidation, but be prepared to be pushed to your personal best!

Cardio Blast: This class is designed to pair with strength training to give your body an "active recovery". You may not feel like your recovering as your climbing stairs, slamming balls, lunging, and jumping rope, but trust us you'll be ready for the next strength day!

Tabata- Interval training is one of the most effective types of training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. This class will combine both cardio and strength to make sure you get a great workout!

Kickbox — Kickboxing is a great opportunity to connect mind to muscle while This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Mits & Grit Kickboxing— This class will combine mits, kickboxing bags, and strength equipment to make sure you're always getting a full effort and full body workout! Be ready for a high energy workout!

Results:—If you're looking for class that will help you strengthen everything from head to toe, look no more. Results is designed to strengthen your total body instead of leaving you in pain in just one area.

Living Young—Living Young is a low impact class designed to improve flexibility, strength, balance, and core stability. Continuing to challenge your body in new ways leads to less pain and increases ability to complete daily activities.

Tai Chi—Tai Chi promotes serenity through gentle, fluid movements. It is proven to improve balance and reduce stress. The slow movements and controlled breathing harmonize energy flow in the body. The martial application can also be used for self-defense in urgent situations.

SOULfusion: A creative blend of yoga inspired FLOWS, short cardio bursts , balance sequences and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one! Meet us on your MAT!

Barre Fusion: classes are done at the ballet barre formatted to be heart pumping. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

Movin' & Groovin'— Senior Dance is the fun low impact cardio workout you have always been looking for. This class will keep you moving while enjoying some great music and fun. You're never too old you dance and sing!

Cardio Dance—is a calorie-burning dance fitness party where pop and hip-hop music are combined with easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Spin—Everyone finishes first in Spin! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!

Kids Circuit- We believe you're never too old or too young to move! Our kid's circuit is designed to help kids get up and play! Whether it's running, stairs, hopping, throwing, or pushups we'll make sure your kids have fun and want to come back!

Yoga—EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Lyengar and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, and muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life.

Vinyasa Flow - Vinyasa is a style of yoga that strings postures together so that you "flow" from one to another. It's a great choice for those who don't enjoy just laying down for extended amounts of time.

Heated Yoga - The focus in this class is on flowing from pose to pose and linking your movement with your breath. This class is a great challenge for any level practitioner. The heat aids in warming the body and increasing detoxification through sweat.

Aqua Jam— Aquatic Fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. Aquatic exercise is very low impact and allows individuals to work nearly every muscle group in one workout who might be physically unable to in a traditional exercise environment. No swimming skills are needed for any of our classes.

Aqua Cardio Blast: All of the benefits as our other aqua classes, but with a focus on getting your heart rate high enough to improve your cardiovascular endurance. We'll make sure that you're having so much fun you forgot that you were exercising!

Butts & Guts- All the things that you love about a great aqua class with an even more emphasis on strengthening and toning your lower body.

Splish Splash- If you don't believe you can have fun while exercising you've never been to this class! It's all about cardio and music during this one! If you're a fan of songs like Funky Town, Jailhouse Rock, I Get Around, and Tequila you'll enjoy this class. (and don't worry you won't be the only one singing a long!!).