



MOMENTUM IS BUILT NOT FOUND!

March is a great month to shake things up! You're not the only one feeling stagnant or stuck. Your routine is working, but your body has figured it out. Give it some extra spice this month and watch it break out of that stuck feeling. Do your normal workout in reverse order, finish your 5 minute warmup with a 30 second sprint, or increase the weight!

You've got this!

[March/April Group](#)

[Fitness Schedule](#)

[Click the title above for more information](#)

March and April will be anything but ordinary around here!

We've got a modified fitness schedule March 16-22 (spring break). Our April fitness schedule will run March 23 - May 3. Our instructors were challenged to come up with a new class that will only be around for one month!

[Personal Training](#)

[Click the title above for more information](#)

Whether you need a trainer to help you recover from an injury, help you lose stubborn body fat, or tell you to stop skipping the gym...

We have a trainer for you!

You provide the WHY and
we'll provide the HOW!

CEDAR VALLEY SPORTSPLEX



Join us Saturday, April 25 for the Pump and Run 5K! Kids 12 and under can run either the 1-mile or 5K for free. During packet pickup we'll also be putting on one of the largest health expos in Iowa with over 40 vendors already signed up!

Registration:

<https://runsignup.com/Race/IA/Waterloo/CVSPumpRun>

Upcoming Fitness events!

March Sprint Triathlon



On Saturday, March 7 we'll be hosting our annual Sprint Triathlon! There is still time to sign up and do something that makes you proud of yourself! This event includes a 300 yard swim, 15 mile indoor bike, and a 3.1 mile outdoor run.

Pump and Run 5K



Our 5th annual Pump and Run 5k will take place on Saturday, April 25 at 9:00am! The night before will include one of the largest health expos in Iowa with over 40 vendors already registered! This event is an opportunity to highlight health and wellness throughout the Cedar Valley! All of the money goes towards providing adaptive youth sports opportunities!

Monthly Walking Club



We would love for you to join our Walking Club! This is not just for seniors! New sheets are always available at the front desk! Each month our staff will cheer you on as you walk towards your monthly goal!