

Wellness Summer 2025 Fitness & Yoga Schedule

TIME	ROOM	MON	TUES	WED	THUR	FRI	SAT
8:00 AM	AR			Balance Strength & Stretch (8:15 AM)	Zumba Gold	Balance, Strength & Stretch	Hi/Lo Body Sculpt
9:00 AM	WR	Intro to Weight Training		Intro to Weight Training		Intro to Weight Training	
9:15 AM	AR	Balance Strength & Stretch	Simply Strength	Zumba	Pilates Barre	Cardio Pump (9:05 AM)	Zumba
10:15 AM	AR			Gentle Yoga	Cardio & Strength Fusion	Gentle Yoga	
11:15 AM	GYM		Silver Sneakers®		Silver Sneakers®		
12:10 PM	AR	Simply Strength	Tramp Fusion	Pilates Fusion	Simply Strength	Zumba	
1:30 PM	WR		Strength Circuit		Strength Circuit		
4:30 PM	AR	Core Power Fusion	Simply Strength				
5:30 PM	GYM	Zumba		Zumba			
5:30 PM	AR	Pilates Fusion	Outdoor Bootcamp (meets at Parks)	Step Interval	Yoga		
6:30 PM	AR	Simply Strength		Xpress Strength			
7:00 PM	AR		Restorative Yoga				

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

FITNESS FEES (SIX-WEEK SESSION)

	Resident	Non-Resident
Fitness class	\$37.50	\$42.50

FITNESS SESSION DATES

May 19-June 29 (No classes May 26)
June 30-August 10 (No classes after 4 pm on July 3 and no classes July 4 & 5)

GROUP FITNESS SPECIAL:

Register for any combination of THREE Fitness, Cycle, TRX and/or Yoga classes and attend unlimited classes!

ROOM KEY

AR = Aerobics Room
 GYM = Community Center Gym
 MPR = Multipurpose Room
 WR = Weight Room
 60 FWD = Sixty Forward

Wellness Summer 2025 Fitness & Yoga Schedule

TIME	ROOM	MON	TUES	WED	THUR	FRIDAY	SAT
5:30 AM	MPR	Cycle Interval*		Cycle Interval*		Cycle* Interval	
8:00 AM	MPR						Cycle* Interval
9:15 AM	MPR	Cycle Strength					
12:10 PM	MPR				Tramp & TRX	Power Body Blast	
4:30 PM	MPR			TRX			
5:30 PM	MPR	TRX		TRX			

LOCATION: MULTI-PURPOSE ROOM, 515 CLARK AVE.

****Cycle Interval classes will meet the first session only May 19-June 29**

Sixty Forward Fitness Schedule

TIME		MON	TUES	WED	THUR	FRIDAY
9:15 AM	60 FWD			Balance, Strength & Stretch		Balance, Strength & Stretch (9:00 AM)
10:15 AM	60 FWD	Balance, Strength & Stretch	Zumba Gold			
11:15 AM	60 FWD	Chair Yoga	Beginning Tai Chi	Chair Yoga		Gentle Yoga (11:00 AM)
12:15 PM	60 FWD			Seated Strength & Stretch	Balance, Strength & Stretch (12:00 PM)	
1:15 PM	60 FWD	Gentle Yoga (1:00 PM)		Cardio & Strength Fusion	Restorative Yoga (1:00 PM)	
4:15 PM	60 FWD				Dance Fusion	

LOCATION: SIXTY FORWARD, 205 S. WALNUT AVE.

FITNESS FEES (SIX WEEK SESSION)

	Resident	Non-Resident
Fitness Class	\$37.50	\$42.50

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For more information contact Nancy Shaw, Public Wellness Manager, 515-239-5353, nancy.shaw@cityofames.org