

# May 19 - June 8

# AEROBICS \* CYCLING \* WELLNESS \* SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Aerobics

Field House classes take place in Room 462, located off the track on the north side of the building.

Field House  
12:00 / Balanced Bodies  
Pat

4:45 / Butts 'n Gutts  
Adrienne (30 min.)  
5/19 - Amy Jo

5:30 / MuscleMIX  
Jada  
6/9 - Boot Camp - Adrienne  
6/16 - Muscle Mix - Kara

Field House  
12:00 / Step N Sculpt  
Martha

4:45 / Butts 'n Gutts  
Amy Jo

5:30 / Step 'n Sculpt  
Amy Jo

Field House  
12:00 / Step 'n Core  
Pat

5:30 / Awesome Intervals  
Jada  
6/4 - Cardio Blast - Jenn

Field House  
12:00 / MuscleMIX  
Angela  
5/22 - Martha

5:30 / Step 'n Sculpt  
5/22 - Amy Jo  
5/29 - Jenn  
6/5 - Step 'n Sculpt with  
Ab Lab

Field House  
12:00 / Step 'n Sculpt  
Martha  
5/23 - Jill

5:15 / Instructor's Choice  
5/23 - No Class  
5/30 - Awesome Intervals - Amy Jo  
6/6 - Cardio Blast - Amy Jo

Field House  
10:00 / Instructor's Choice  
5/24 - MuscleMix - Pat  
5/31 - Bootcamp - Adrienne  
6/7 - Cardio Blast w/ Ab Lab - Kara

**No Class  
Memorial Day  
May 26**

## Cycling

All cycling classes take place in the Cycling Studio of the UI Field House. It is located on the main floor across from the North Gym.

All noon cycling classes are 45 minutes long.

12:15 / Road Rally  
Kris

12:15 / Training Wheels  
Susan  
5/27 - Sub

5:30 / Super Insanity  
Adrienne  
5/20 - No Class

5:30 / Road Rally  
Becky

12:15 / Training Wheels  
Susan  
5/22 Becky

**Group Exercise  
Instructor  
Training Course  
June 9 - 12**  
Contact Pat for more  
details - 335-9291

All Classes must maintain a 5 participant average or they will be pulled from the schedule. Refunds will not be issued.

## Wellness

Location varies and is listed with each class.

The Summer Session of  
Wellness Classes will begin June 9

- \* Wellness classes are not included on the Aerobics or Ultimate Pass.
- \*\* Participants can either register for the entire wellness session or pay a daily \$9 walk-in for each Class.

Descriptions of each class can be found on the back

Courses marked with a + are wellness programs that require registration and payment at least a week prior to the start of class.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Recreational Services in advance at 335-9293.



For more information:  
The Division of Recreational Services  
E216 Field House / 335-9293  
www.recerv.uiowa.edu  
rec-services@uiowa.edu

