# Group Fitness Classes
## Summer 2015

### Summer Hours
Monday-Thursday: 6:00 a.m. - 6:30 p.m.
Friday: 6:00 a.m. - 6:00 p.m.

### Fitness Class Descriptions

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<tbody>
<tr>
<td>06:30 a.m.</td>
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<td>Circuit Blast 45 MIN</td>
<td>Circuit Blast 45 MIN</td>
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<tr>
<td>11:45 a.m.</td>
<td>Tae Kwon Do Body Fit 45 MIN</td>
<td>Spin &amp; Strength 45 MIN</td>
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<td>Spin &amp; Strength 45 MIN</td>
<td>Body Fit 45 MIN</td>
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### Body Fit
- **Description:** Body-fit is designed to tone muscles, increase metabolism, strengthen core muscles and burn fat. A variety of circuit training exercise techniques are used to keep you moving. Stability balls and small weights will be used.
- **Date/Time:** Monday, Wednesday, Friday | 11:45 a.m. - 12:30 p.m.
- **Location:** Fitness Room
- **Instructor:** Brian

### Cardio Blast
- **Description:** This results based course is designed to challenge your mind, body and commitment.
- **Date/Time:** Tuesday, Thursday | 6:30 - 7:15 a.m.
- **Location:** Fitness Room
- **Instructor:** Kylee

### Spin & Strength
- **Description:** A 45 minute class designed to increase cardiovascular endurance utilizing the spin bike while using weight, body weight and other equipment to increase overall strength. Appropriate for all levels. Be prepared to SWEAT, get lean and show your strength! Please bring your own water bottle and sweat towel.
- **Date/Time:** Tuesday, Thursday | 11:45 a.m. - 12:30 p.m.
- **Location:** Fitness Room
- **Instructor:** Beth

### Tae Kwon Do
- **Description:** This class is focused on self-defense, not tournament competition. Chang Hon/ITF will be taught. Belt promotions and uniforms are not required, but are available at a small cost. Students will benefit from enhanced self-confidence, coordination, flexibility and stress relief.
- **Date/Time:** Monday, Wednesday | 11:45 a.m. - 12:30 p.m.
- **Location:** Court #3
- **Instructor:** Jamy

For more information:
319-398-5596
www.kirkwood.edu/fitnessclasses
www.facebook.com/kccreccenter

Last updated: 06/04/2015