

SUN

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SAT

February

				1 5:15 AM Full Body-Amber Noon Cardio/Abs - Kara 6 PM Yoga - Doris	2 5 AM Full Body - Jen	3
4	5 5 AM Full Body - Jen 5:30 AM Weights - Doris 6 PM Yoga - Doris	6 5:15 AM Spin - Emily Noon Full Body - Amber 5:30 PM Cardio/Weights -Kara	7 5 AM Full Body - Jen 5:15 AM Weights - Kate	8 5:15 AM Full Body-Amber Noon Cardio/Abs - Kara 5:30 PM Spin - Emily 6 PM Yoga - Doris	9 5 AM Full Body - Jen	10 <i>Check our Facebook page daily for class updates and pop up classes!</i>
11	12 5 AM Full Body - Jen	13 5:15 AM Spin - Emily Noon Full Body - Amber 5:30 PM Cardio/Weights -Kara	14 5 AM Full Body - Jen 5:15 AM Weights - Kate	15 5:15 AM Full Body-Amber Noon Cardio/Abs - Kara 5:30 PM Spin - Emily	16 5 AM Full Body - Jen	17
18	19 5 AM Full Body - Jen 5:30 AM Weights - Doris 6 PM Yoga - Doris	20 5:15 AM Spin - Emily Noon Full Body - Amber 5:30 PM Cardio/Weights -Kara	21 5 AM Full Body - Jen 5:15 AM Weights - Kate	22 5:15 AM Full Body-Amber Noon Cardio/Abs - Kara 5:30 PM Spin - Emily 6 PM Yoga - Doris	23 5 AM Full Body - Jen	24 <i>Basketball Tourney Gym Floor Cloed</i>
25	26 5 AM Full Body - Jen 5:30 AM Weights - Doris 6 PM Yoga - Doris	27 5:15 AM Spin - Emily Noon Full Body - Amber 5:30 PM Cardio/Weights -Kara	28 5 AM Full Body - Jen 5:15 AM Weights - Kate	29 5:15 AM Full Body-Amber Noon Cardio/Abs - Kara 5:30 PM Spin - Emily 6 PM Yoga - Doris	<i>Pop Up Classes and Class Updates are posted to our Facebook Page!</i>	



Classes included with your membership:

Cardio/Crazy Cardio—Cardio drills with multi-muscle weight training. Great fat burner!

Cardio/Abs 30—Work up a sweat during your lunch break! Heart pumping cardio plus abs for strength and toning!

Cardio Kickboxing – Full body resistance and strength training class with non-contact and non-stop drills. Huge calorie burner and great stress reliever!

Cardio/Weights - Intense circuit of cardio and weights to improve your heart, your stamina, and your strength.

Full Body—Work your entire body with both strength and cardio intervals! Incorporates body weight and equipment for a great burn!

Low Impact —Low impact class including both strength and cardio for calorie burn and muscle tone. For all workout levels, even the workout warriors! Don't let the name fool you! This is a great workout!

Outdoor Bootcamp—Get your heart pumping in the great outdoors with cardio and strength to burn calories and tone muscles. Will be held indoors when inclement weather.

Reps and Rounds— Strength training with high intensity cardio drills for a killer workout!

Spin – Low-impact workout provides a great calorie burn for all fitness levels! Located in our Cycling Theater.

Stations / Circuit Rounds—Alternate strength training with high intensity cardio bursts featuring different stations to focus on different areas of your body. Total body workout!

Tabata—High intensity interval training alternating short periods of intense cardio with less intense recovery/strength.

Weights—Total body, low impact workout with a focus on strength training. Great for all fitness levels!

Yoga -Relax your mind while improving core strength/flexibility.

Modifications provided for all fitness levels.

BECOMING A MEMBER IS EASY AND AFFORDABLE!

ANNUAL MEMBERSHIPS:

FAMILY	\$565.00 + tax
COUPLE	\$485.00 + tax
SINGLE	\$345.00 + tax
★STUDENT	\$175.00 + tax
☆SENIOR SINGLE	\$205.00 + tax
☆SENIOR COUPLE	\$335.00 + tax
☆SENIOR WALKING	\$95.00 + tax
WALKING	\$115.00 + tax

EASY MONTHLY PAYMENTS

AS LOW AS \$35/MONTH!

OTHER OPTIONS:

ONE MONTH SINGLE	\$55.00 + tax
ONE MONTH COUPLE	\$75.00 + tax
ONE MONTH FAMILY	\$90.00 + tax
ONE DAY FACILITY PASS	\$10.00
UNIVERSAL PUNCHCARD	\$6.00 ea or 12 for \$60*
ONE MONTH WALKING IN GYM	\$30.00 + tax
ONE DAY WALKING IN GYM	\$2.00
SEVEN DAY FACILITY PASS	\$35.00 + tax
TWO WEEK FACILITY PASS	\$45.00 + tax

★ Must be at least 12 years of age. College students must have ID card when joining.

☆Must be 65 years or older to qualify for senior rates.



“LIKE” Dyersville Total Fitness on
Facebook for class updates!



February



CLASS CALENDAR

Total Fitness Family Rec Center

1110-16th Ave Ct SE

Dyersville, IA 52040

Email: totalfitness@dyersville.com

563-875-2727

www.totalfitnessdyersville.com

Staffed Hours	
Monday-Thursday	8:00 AM—8:00 PM
Friday-Saturday	8:00 AM—6:00 PM
Sunday	10:00 AM—4:00 PM