

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	2 5:15 AM Spin Fusion - Emily 11:30 AM Total Body - Amber 5:30 PM Yoga - Doris	3 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	4 5:15 AM Spin - Emily Toy Show No PM Classes Gym Floor Closed	5 Toy Show No Classes Gym Floor Closed	6 Toy Show Gym Floor closed
7 Toy Show Gym Floor closed	8 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	9 5:15 AM Spin Fusion - Emily 11:30 AM Total Body - Amber 5:30 PM Yoga - Doris	10 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	11 5:15 AM Spin - Emily 10:30 AM Forever Young Fitness - Robyn	12 5 AM Full Body - Jen 7:30 AM Strength - Amber	13
14	15 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	16 11:30 AM Total Body - Amber 5:30 PM Yoga - Doris	17 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	18 10:30 AM Forever Young Fitness - Robyn	19 7:30 AM Strength - Amber	20
21 	22 5:30 PM Bootcamp - Kara	23 11:30 AM Total Body - Amber 5:30 PM Yoga - Doris	24 10:30 AM Forever Young Fitness - Kara	25 5:15 AM Spin - Emily 10:30 AM Forever Young Fitness - Robyn	26 5 AM Full Body - Jen	27
28	29 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	30 5:15 AM Spin Fusion - Emily 11:30 AM Total Body - Amber 5:30 PM Yoga - Doris	 			

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

**Forever Young Fitness**—If you are over 50, this class is for you! But of course all ages are welcome! Class will focus on gentle movement, functional strength and mobility. Great class for seniors, older adults or beginners of all ages who want help getting started with strength and mobility.

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

**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.

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

**Spin Fusion**— Combination of spin class plus strength with weights!

**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.

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

**Modifications provided for all fitness levels.**

**BECOMING A MEMBER IS EASY AND AFFORDABLE!**

**ANNUAL MEMBERSHIPS:**

<b>FAMILY</b>	<b>\$565.00 + tax</b>
<b>COUPLE</b>	<b>\$485.00 + tax</b>
<b>SINGLE</b>	<b>\$362.00 + tax</b>
<b>★STUDENT</b>	<b>\$184.00 + tax</b>
<b>☆SENIOR SINGLE</b>	<b>\$205.00 + tax</b>
<b>☆SENIOR COUPLE</b>	<b>\$335.00 + tax</b>
<b>☆SENIOR WALKING</b>	<b>\$95.00 + tax</b>
<b>WALKING</b>	<b>\$121.00 + tax</b>

**EASY MONTHLY PAYMENTS**

**AS LOW AS \$35/MONTH!**

**OTHER OPTIONS:**

<b>ONE MONTH SINGLE</b>	<b>\$60.00 + tax</b>
<b>ONE MONTH COUPLE</b>	<b>\$75.00 + tax</b>
<b>ONE MONTH FAMILY</b>	<b>\$90.00 + tax</b>
<b>ONE DAY FACILITY PASS</b>	<b>\$10.00</b>
<b>ONE MONTH WALKING IN GYM</b>	<b>\$30.00 + tax</b>
<b>ONE DAY WALKING IN GYM</b>	<b>\$2.00</b>
<b>SEVEN DAY FACILITY PASS</b>	<b>\$35.00 + tax</b>
<b>TWO WEEK FACILITY PASS</b>	<b>\$45.00 + tax</b>
<b>NON-MEMBER—ONE CLASS</b>	<b>\$8.00</b>

★ 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!**



*June*



**CLASS CALENDAR**

**Total Fitness Family Rec Center**

1110-16th Ave Ct SE

Dyersville, IA 52040

Email: [totalfitness@dyersville.com](mailto:totalfitness@dyersville.com)

563-875-2727

[www.totalfitnessdyersville.com](http://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