

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 5 AM Full Body - Jen  5:30 PM Bootcamp - Kara	3 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	4 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	5 5:15 AM Spin - Emily Noon Total Body Mix - Kara  5:30 PM Yoga - Doris	6 5 AM Full Body - Jen  1 pm Strength - Amber	7
8	9 5 AM Full Body - Jen  5:30 PM Bootcamp - Kara	10 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	11 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	12 5:15 AM Spin - Emily Noon Total Body Mix - Kara  5:30 PM Yoga - Doris	13 5 AM Full Body - Jen	14 
15	16 5 AM Full Body - Jen  5:30 PM Bootcamp - Kara	17 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	18 – 10:30 AM Forever Young Fitness - Kara	19 5:15 AM Spin - Emily Noon Total Body Mix - Kara  5:30 PM Yoga - Doris	20 1 pm Strength - Amber	21
22	23 5:15 AM Full Body - Amber  5:30 PM Bootcamp - Kara	24 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	25 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	26 5:15 AM Spin - Emily Noon Total Body Mix - Kara  5:30 PM Yoga - Doris	27 5 AM Full Body - Jen  1 pm Strength - Amber	28
29	30 5 AM Full Body - Jen  5:30 PM Bootcamp - Kara	31 5:15 AM Spin Fusion - Emily Noon Total Body Mix - 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:

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

### EASY MONTHLY PAYMENTS

AS LOW AS \$35/MONTH!

### OTHER OPTIONS:

ONE MONTH SINGLE	\$60.00 + tax
ONE MONTH COUPLE	\$75.00 + tax
ONE MONTH FAMILY	\$90.00 + tax
ONE DAY FACILITY PASS	\$10.00
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
NON-MEMBER—ONE CLASS	\$8.00

★ 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!



**TotalFitness**  
FAMILY REC CENTER

# March



## 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