

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November						1 7 AM Yoga - Bethany
2	3 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	4 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	5 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	6 5:15 AM Spin - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	7 Gym Floor Closed Toy Show	8 Gym Floor Closed Toy Show
9 Gym Floor Closed Toy Show	10 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	11 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	12 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	13 5:15 AM Spin - Emily Noon Total Body Mix - Kara 5:30 PM Yoga - Doris	14 5 AM Full Body - Jen	15 7 AM Yoga - Bethany
16	17 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	18 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris	19 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	20 5:15 AM Spin - Emily Noon Total Body Mix - Kara 5:30 PM Yoga - Doris	21 5 AM Full Body - Jen	22
23/30 	24 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara	25 Noon Total Body Mix - Kara	26 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara	27 7 AM TURKEY TORCHER - JEN 	28	29 7 AM Yoga - Bethany

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	\$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!



November



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