November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5 AM Full Body - Jen 5:30 PM Spin - Taia	3 5:15 AM Spin Fusion - Emily Noon Total Body - 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 Toy Show Set Up	6 Toy Show - Gym Floor Closed	7 Toy Show - Gym Floor Closed
8 Toy Show - Gym Floor Closed	9 5 AM Full Body - Jen 5:30 PM Spin - Taia	10 5:15 AM Spin Fusion - Emily Noon Total Body - Amber 5:30 PM Yoga - Doris	11 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara 5:30 Spin - Emily	12 5:15 AM Spin - Emily 10:30 AM Forever Young Fitness (Stations) - Robyn 5:30 PM Yoga - Doris	13 5 AM Full Body - Jen	14
15	16 5 AM Full Body - Jen 5:30 PM Spin - Taia	17 5:15 AM Spin Fusion - Emily Noon Total Body - Amber 5:30 PM Yoga - Doris	18 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara 5:30 Spin - Emily	19 5:15 AM Spin - Emily 10:30 AM Forever Young Fitness (Stations) - Robyn 5:30 PM Yoga - Doris	20 5 AM Full Body - Jen 1 PM Strength - Amber	21
22	23 5 AM Full Body - Jen 5:30 PM Spin - Taia	24 5:15 AM Spin Fusion - Emily Noon Total Body - Amber	25 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara 5:30 Spin - Emily	26 7 AM Turkey Torcher with Jen & Kara 	27	28
29	30 5 AM Full Body - Jen 5:30 PM Spin - Taia					

TotalFitness
FAMILY REC CENTER

Classes included with your membership:

Bootcamp— Get your heart pumping with cardio and strength to burn calories and tone muscles.

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

Strength—This class focuses on working out with weights and strength training. No cardio.

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**

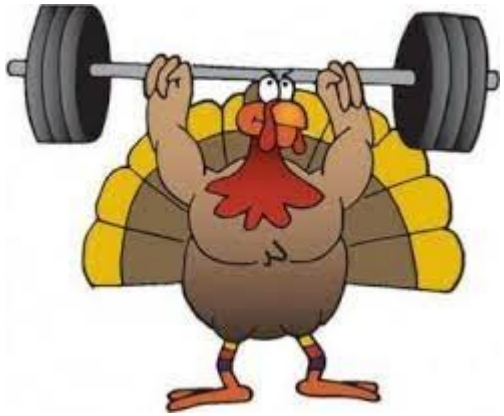
★ Must be at least 12 years of age. College students must have ID card when joining.

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

"LIKE" Dyersville Total Fitness on Facebook for class updates!

TotalFitness
FAMILY REC CENTER

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**