

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!



October



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 |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---------------------------------|---|
|  | | | 1 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara | 2 5:15 AM Spin - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 3 5 AM Full Body - Jen | 4 7 AM Yoga - Bethany |
| 5 *Bootcamps will remain outdoors unless there is inclement weather, then will be indoors. | 6 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara | 7 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 8 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara | 9 5:15 AM Spin - Emily Noon Total Body Mix - Kara 5:30 PM Yoga - Doris | 10 5 AM Full Body - Jen | 11 |
| 12 | 13 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara | 14 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 15 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara | 16 5:15 AM Spin - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 17 5 AM Full Body - Jen | 18 7 AM Yoga - Bethany |
| 19 | 20 5 AM Full Body - Jen 5:30 PM Bootcamp - Kara | 21 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 22 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara | 23 5:15 AM Spin - Emily Noon Total Body Mix - Kara 5:30 PM Yoga - Doris | 24 5:15 AM Full Body - Amber | 25 |
| 26  | 27 5:15 AM Stations - Amber 5:30 PM Bootcamp - Kara | 28 5:15 AM Spin Fusion - Emily Noon Total Body Mix - Amber 5:30 PM Yoga - Doris | 29 5 AM Full Body - Jen 10:30 AM Forever Young Fitness - Kara | 30 5:15 AM Spin - Emily Noon Total Body Mix - Kara 5:30 PM Yoga - Doris | 31 5 AM Halloween HIIT - Jen |  |