

PARKS & RECREATION



Fitness & Wellness Guide **SUMMER 2024**



CITY OF
AmesTM
PARKS & RECREATION

515-239-5350 | WWW.AMESPARKREC.ORG

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HOW TO REGISTER:

ONLINE- You may register at any time online with your Household ID. To obtain a Household ID go to our website at www.amesparkrec.org. Click on "Program Guide and Login Request"; then click on "Request a Household ID". Fill in the information and your Household ID will be emailed to you. You can also obtain a Household ID by calling the Parks and Recreation office at 515-239-5350.

CALL- Community Center Front Desk, 515-239-5350

DROP OFF - A registration form may be placed in a drop box on the east side of city hall, 515 Clark Ave.

MAIL- A registration form may be mailed to Ames Parks & Recreation, 515 Clark Avenue, Ames, IA 50010

WALK-IN- Register in person at the Community Center, 515 Clark Ave.

CANCELLATIONS/INCLEMENT WEATHER

Please call 515-239-5434 or check the Ames Parks and Recreation Facebook page for cancellations or changes. Weather related cancellations will be posted at least one hour before a program starts. However, weather conditions may change and decisions may be made at the program site. If sudden threatening weather conditions occur, please pick up your children immediately.

REFUND POLICY

Participants cancelling enrollment in activities at least 72 hours prior to a session/class beginning will receive a credit. Household Credits will also be automatically issued to participants in classes cancelled by Parks and Recreations Staff. Staff will try to reschedule cancelled daily activities, but refunds/credits will not be given if a make up date is not possible. Credit may be given due to medical, unforeseen circumstances, or class dissatisfaction on a case-by-case basis. To be refunded the amount of credit issued, please call 515-239-5350.

AMERICANS WITH DISABILITIES ACT/ INCLUSIVE RECREATION SERVICES

The Americans with Disabilities Act (ADA) prohibits discrimination on the basis of disability. In addition, the ADA requires that all citizens be given the opportunity to recreate in the "most integrated setting."

Individuals with disabilities are encouraged to recreate with their peers by registering for any activity offered by the Ames Parks and Recreation Department. Reasonable modifications are provided to enable an individual's successful participation in a program.

YOGA IN THE PARK

Ames Parks & Recreation presents the eleventh annual Yoga in the Park!

NO NEED TO
REGISTER, JUST
SHOW UP!

This FREE class begins June 1-July 27 on Saturday mornings from 9:00-10:00 am at Bandshell Park.

Join certified Yoga instructors from various yoga studios in Ames for a free class appropriate for all skill levels. Get a different yoga experience each week from one of our eight volunteer instructors.

Wear comfortable clothing and bring your own mat if possible. The outdoor classes offer a unique atmosphere to relax and invigorate at the same time. Participants must sign a waiver; those under 18 need the signature of a legal guardian. For more information, contact Nancy Shaw at 515-239-5353.

LOCATION: BANDSHELL PARK, 125 E 5TH STREET

CLASS	DAY	TIMES	FEES	SESSION 1 JUN 1-JUL 27
Yoga in the Park	SA	9:00-10:00 AM	FREE	Just show up!



FITNESS & YOGA SCHEDULE

TIME	SITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	AR			Balance, Strength & Stretch (8:15 AM)	Zumba Gold	Balance, Strength & Stretch (8:15 AM)	Hi/Lo Body Sculpt
9:00 AM	WR	Intro to Weight Training		Intro to Weight Training		Intro to Weight Training	
9:15 AM	AR	Balance, Strength & Stretch	Simply Strength	Zumba	Pilates Barre	Cardio Pump (9:05 AM)	Zumba
10:15 AM	AR	Cardio Pump	Zumba Gold	Gentle Yoga	Spif Fusion	Gentle Yoga	
11:15 AM	GYM	Chair Yoga (AR) (11:00 AM)	Silver Sneakers®	Chair Yoga	Silver Sneakers®		
12:10 PM	AR/ MPR	Simply Strength	Triple Threat	Pilates Fusion	Simply Strength	Zumba	
1:05 PM	AR	Gentle Yoga					
1:30 PM	WR		Spif Fusion		Spif Fusion		
4:30 PM	AR	BodyFit X3	Simply Strength		Simply Strength		
5:30 PM	GYM	Zumba		Zumba			
5:30 PM	AR	Pilates Fusion	Boxing Boot Camp	Step Interval	Yoga		
6:30 PM	AR	Simply Strength	Yoga	Xpress Strength (6:30-7:05 PM)			

LOCATION: 515 CLARK AVE.

FITNESS FEES (6-WEEK SESSION)

Fitness Classes	Resident \$37.50	Non-Resident \$42.50
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FITNESS SESSION DATES

May 13-June 23 (No classes May 27)
June 24-August 4
(No classes after 4 pm July 3 & no classes July 4)

**REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!**

SITE KEY

AR = Community Center Aerobics Room

GYM = Community Center Gym

MPR = Community Center Multi-Purpose Room

WR = Community Center Weight Room

CONTACT INFORMATION

NANCY SHAW

Public Wellness Manager

nancy.shaw@cityofames.org or 515-239-5353

FITNESS & YOGA SCHEDULE

TIME	SITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	MPR	Cycle Interval		Cycle Interval		Cycle Interval	Cycle Interval (8 am)
9:15 AM	MPR	Cycle Strength			Cycle Strength		
12:10 PM	MPR	TRX for Beginners	TRX/ Tramp		Tramp Fusion	Power Body Blast	
4:30 PM	MPR			TRX			
5:30 PM	MPR			TRX			
6:30 PM	MPR				TRX		

Cycle Interval classes meet the first session only

LOCATION: 515 CLARK AVE.

FITNESS FEES (6-WEEK SESSION)

Fitness Classes	Resident \$37.50	Non-Resident \$42.50
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FITNESS SESSION DATES

May 13-June 23 (No classes May 27)
June 24-August 4
(No classes after 4 pm July 3 & no classes July 4)

BOXING BOOTCAMP - This high-energy kickboxing class makes working out fun. Train to jab, hook, punch, and kick a punching bag all while gaining strength, flexibility, stamina, and a high calorie burning workout.

CYCLE INTERVAL CLASS - Indoor Cycling is a fun, athletic based cardiovascular workout set to fun music to take you on the ride of your life. This challenging cycling class will combine a variety of speeds, terrains, and intensities to give you an ultimate riding experience!

CYCLE STRENGTH CLASS - This 45-minute workout combines 25 minutes of cycle intermixed with 20 minutes of strength training. You will do drills that have you sweating and strength work that trains all your major muscles!

TRAMP FUSION - This fun workout featuring the JumpSport Trampoline is a cardio workout intermixed with strength and core intervals using a variety of equipment including the TRX, battle ropes, weights, and tubes. A total body workout!

TRAMP & TRX - Encounter integrated training using the JumpSport Fitness Trampoline and TRX Suspension Trainer in progressions that are challenging, yet right for your current level of condition. Come prepared to train and work hard.

TRX - The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and core stability. Suspension training works on building core strength with almost every movement performed in the class.

TRX BEGINNING - This class will guide you through a TRX workout by introducing basic foundational exercises through easy-to-follow progressions. A total body workout that will leave you hooked!

SITE KEY

AR = Community Center Aerobics Room

GYM = Community Center Gym

MPR = Community Center Multi-Purpose Room

WR = Community Center Weight Room

CONTACT INFORMATION

NANCY SHAW

Public Wellness Manager

nancy.shaw@cityofames.org or 515-239-5353

FITNESS CLASS DESCRIPTIONS

BODYFIT X 3 - Cardio, strength and core are the three components of this class! Using the JumpSport Trampoline, body weight and resistance tubing, you will improve cardio, strength, coordination, endurance, and mobility! Equal time will be spent on each component to give you the ultimate total body workout.

CARDIO PUMP - The perfect union of cardio, strength, and music. This fun class features half cardio and half strength using a variety of group fitness equipment.

HI/LO BODY SCULPT - Pure Cardio! Aerobics choreography combines varying levels of impact, which the participant can modify to increase or reduce intensity.

INTRO TO WEIGHT TRAINING - Join us in a strength training circuit class held in the Community Center weight room. Trainers will assist you in learning basic strength exercises using the Life Fitness machines, bands, and free weights. Open to all fitness levels!

PILATES BARRE - No ballet experience required here! This intense fusion of Pilates, Sculpting, and Ballet-based exercises will change the way your body looks - longer, leaner, and stronger.

PILATES FUSION - Provides a modern twist to Pilates incorporating strength training and mobility exercises to emphasize moves that will tone, stretch, strengthen, and elongate muscles.

POWER BODY BLAST - Take your strength training to the next level with this new strength class that incorporates heavier weight to give you the toned and lean physique you desire. A great way to define, sculpt, and build lean muscle.

SIMPLY STRENGTH - This strength training class will help you increase strength and endurance using a variety of our group fitness equipment. Add this class to your schedule to help you build a lean, strong physique with a workout that is never boring.

STEP INTERVAL - This unique class combines cardio and strength intervals with challenging step choreography. The best of both worlds.

TRIPLE THREAT - This combo class combines 15 minutes of HIIT (high intensity training), 15 minutes of strength, and 15 minutes of mobility/flexibility to help you get the most out of your workout!

XPRESS STRENGTH - Get a total body workout, burn calories, and build lean muscle in 35 minutes! Options and modification given for all fitness levels.

ZUMBA - Ditch the workout and join the party! Zumba is a Latin-based group fitness class that combines amazing, irresistible, and international music with dynamic, yet simple exercise moves!



**REGISTER FOR ALL CLASSES AT AMESPARKREC.ORG
OR BY CALLING THE COMMUNITY CENTER AT 515-239-5350**

SUMMER FITNESS CLASSES

IN-PERSON

REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEES/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
BodyFit x3	M	4:30-5:15 PM	\$37.50/\$42.50	510105-1A	510105-2A
Boxing Bootcamp	TU	5:30-6:15 PM	\$37.50/\$42.50	510160-1A	510160-2A
Cardio Pump	M	10:15-11:00 AM	\$37.50/\$42.50	510130-1B	510130-2B
Cardio Pump	F	9:05-10:00 AM	\$37.50/\$42.50	510130-1A	510130-2A
Cycle Interval	M	5:30-6:15 AM	\$37.50/\$42.50	510140-1A	
Cycle Interval	W	5:30-6:15 AM	\$37.50/\$42.50	510140-1B	
Cycle Interval	F	5:30-6:15 AM	\$37.50/\$42.50	510140-1E	
Cycle Interval	SA	8:00-8:45 AM	\$37.50/\$42.50	510140-1F	
Cycle Strength	M	9:15-10:00 AM	\$37.50/\$42.50	510142-1A	510142-2A
Cycle Strength	TH	9:15-10:00 AM	\$37.50/\$42.50	510142-1B	
Hi/Lo Bodysculpt	SA	8:00-8:45 AM	\$37.50/\$42.50	510125-1A	510125-2A
Intro to Weight Training	M	9:00-9:50 AM	\$37.50/\$42.50	510116-1A	510116-2A
Intro to Weight Training	W	9:00-9:50 AM	\$37.50/\$42.50	510116-1B	510116-2B
Intro to Weight Training	F	9:00-9:50 AM	\$37.50/\$42.50	510116-1C	510116-2C
Pilates Barre	TH	9:15-10:00 AM	\$37.50/\$42.50	510110-1B	510110-2B
Pilates Fusion	M	5:30-6:15 PM	\$37.50/\$42.50	510106-1B	510106-2B
Pilates Fusion	W	12:10-12:55 PM	\$37.50/\$42.50	510106-1A	510106-2A
Power Body Blast	F	12:10-12:55 PM	\$37.50/\$42.50	510123-1A	510123-2A
Simply Strength	M	12:10-12:55 PM	\$37.50/\$42.50	510107-1A	510107-2A
Simply Strength	M	6:30-7:15 PM	\$37.50/\$42.50	510107-1B	510107-2B
Simply Strength	TU	9:15-10:00 AM	\$37.50/\$42.50	510107-1C	510107-2C
Simply Strength	TU	4:30-5:15 PM	\$37.50/\$42.50	510107-1D	510107-2D
Simply Strength	TH	12:10-12:55 PM	\$37.50/\$42.50	510107-1E	510107-2E
Simply Strength	TH	4:30-5:15 PM	\$37.50/\$42.50	510107-1F	510107-2F
Step Interval	W	5:30-6:15 PM	\$37.50/\$42.50	510120-1A	510120-2A
TRX	W	4:30-5:15 PM	\$37.50/\$42.50	510150-1B	510150-2B
TRX	W	5:30-6:15 PM	\$37.50/\$42.50	510150-1C	510150-2C
TRX	TH	6:30-7:15 PM	\$37.50/\$42.50	510150-1D	510150-2D
TRX Beginner	M	12:10-12:55 PM	\$37.50/\$42.50	510159-1A	510159-2A
Tramp & TRX	TU	12:10-12:55 PM	\$37.50/\$42.50	510155-1A	510155-2A
Tramp Fusion	TH	12:10-12:55 PM	\$37.50/\$42.50	510157-1A	510157-2A
Triple Threat	TU	12:10-12:55 PM	\$37.50/\$42.50	510109-1A	510109-2A
Xpress Strength	W	6:30-7:05 PM	\$37.50/\$42.50	510138-1A	510138-2A
Zumba	M	5:30-6:15 PM	\$37.50/\$42.50	510126-1A	510126-2A
Zumba	W	9:15-10:00 AM	\$37.50/\$42.50	510126-1B	510126-2B
Zumba	W	5:30-6:15 PM	\$37.50/\$42.50	510126-1C	510126-2C
Zumba	F	12:10-12:55 PM	\$37.50/\$42.50	510126-1D	510126-2D
Zumba	SA	9:15-10:00 AM	\$37.50/\$42.50	510126-1E	510126-2E

* No classes Monday, May 27.

** No classes after 4 PM on July 3 and no classes July 4.

SUMMER FITNESS CLASSES

ZOOM

LOCATION: VIRTUAL

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
Zoom Pilates Barre	TH	9:15-10:00 AM	\$37.50/\$42.50	510710-1C	510710-2C
Zoom Pilates Fusion	M	5:30-6:15 PM	\$37.50/\$42.50	510710-1A	510710-2A
Zoom Pilates Fusion	W	12:10-12:55 PM	\$37.50/\$42.50	510710-1B	510710-2B
Zoom Simply Strength	M	12:10-12:55 PM	\$37.50/\$42.50	510710-1D	510710-2D
Zoom Simply Strength	M	6:30-7:15 PM	\$37.50/\$42.50	510710-1G	510710-2G
Zoom Simply Strength	TU	9:15-10:00 AM	\$37.50/\$42.50	510710-1E	510710-2E
Zoom Simply Strength	TU	4:30-5:15 PM	\$37.50/\$42.50	510710-1H	510710-2H
Zoom Simply Strength	TH	12:10-12:55 PM	\$37.50/\$42.50	510710-1J	510710-2J
Zoom Simply Strength	TH	4:30-5:15 PM	\$37.50/\$42.50	510710-1I	510710-2I
Zoom Zumba	W	9:15-10:00 AM	\$37.50/\$42.50	510710-1P	510710-2P
Zoom Zumba	W	5:30-6:15 PM	\$37.50/\$42.50	510710-1Q	510710-2Q
Zoom Zumba	F	12:10-12:55 PM	\$37.50/\$42.50	510710-1T	510710-2T
Zoom Zumba	SA	9:15-10:00 AM	\$37.50/\$42.50	510710-1R	510710-2R

* No classes Monday, May 27.

** No classes after 4 PM on July 3 and no classes July 4.

REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!

YOGA

BASICS

YOGA BASICS - Welcome to Yoga! This workshop is designed to familiarize beginners with basic Yoga postures and breathing techniques. With an emphasis on personal instruction, this class gives you a solid foundation before moving into and on to other Yoga classes. All levels welcome.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 2-JUN 23
Yoga Basics	SU	6:00-6:45 PM	\$25/\$30	510207-1A

YOGA

CHAIR YOGA - Chair Yoga provides a safe, gentle form of Yoga designed for those who have difficulty getting to the floor in traditional Yoga. With the support of a chair (used for sitting or standing), you will learn Yoga postures and breathing techniques designed to help you increase flexibility and improve your range of motion.

GENTLE YOGA - This class invites you to increase your flexibility, strength, and well-being by exploring gentle movements that open and release the body. Students are led through stretches, yoga postures, and simple breathing practices and guided into deep progressive relaxation. This is an ideal class for those with chronic pain or stress, those returning from illness or injury, or anyone who would like a gentle approach.

YOGA - Students of all levels are encouraged to participate. This class is designed to develop body awareness, learn postures (asanas), alignment, and become familiar with yogic breathing techniques in a relaxing atmosphere.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
Chair Yoga	M	11:00 AM-11:45 PM	\$37.50/\$42.50	510205-1A	510205-2A
Chair Yoga	W	11:15 AM-12:00 PM	\$37.50/\$42.50	510205-1B	510205-2B
Gentle Yoga	M	1:05-1:50 PM	\$37.50/\$42.50	510203-1A	510203-2A
Gentle Yoga	W	10:15-11:00 AM	\$37.50/\$42.50	510203-1B	510203-2B
Gentle Yoga	F	10:15-11:00 AM	\$37.50/\$42.50	510203-1C	510203-2C
Yoga	TU	6:30-7:15 PM	\$37.50/\$42.50	510201-1C	510201-2C
Yoga	TH	5:30-6:15 PM	\$37.50/\$42.50	510201-1D	510201-2D

ZOOM

ZOOM YOGA CLASSES - All our Yoga classes are offered virtually. These classes are designed to increase flexibility, strength and well-being. All levels welcome.

LOCATION: VIRTUAL

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
Zoom Gentle Yoga	M	1:05-1:50 PM	\$37.50/\$42.50	510715-1E	510715-2E
Zoom Gentle Yoga	W	10:15-11:00 AM	\$37.50/\$42.50	510715-1F	510715-2F
Zoom Gentle Yoga	F	10:15-11:00 AM	\$37.50/\$42.50	510715-1G	510715-2G
Zoom Yoga	TU	6:30-7:15 PM	\$37.50/\$42.50	510715-1B	510715-2B
Zoom Yoga	TH	5:30-6:15 PM	\$37.50/\$42.50	510715-1D	510715-2D

* No classes Monday, May 27.

** No classes after 4 PM on July 3 and no classes July 4.



OUTDOOR FITNESS

EXTREME OUTDOOR BOOTCAMP

REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!

EXTREME OUTDOOR BOOTCAMP - This intense outdoor class combines cardio and resistance training in a total body workout designed to boost your metabolism, burn fat, and strengthen your muscles all while enjoying the legendary landmarks of Ames parks. This challenging class includes power walking, sprints, jogging, stair climbing, pushups and more!

LOCATION: NUMEROUS LOCATIONS, FIRST CLASS MEETS AT THE FRONT ENTRANCE OF BROOKSIDE PARK, 1325 6TH ST.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 16-JUN 20	SESSION 2* JUN 27-AUG 1
Extreme Outdoor Bootcamp	TH	5:30-6:15 PM	\$37.50/\$42.50	140131-1A	140131-2A

* No class Thursday, July 4.

STROLLER POWER

STROLLER POWER - Stroller Power is a stroller fitness class where adults can work out with their baby! It's a great way to get in shape, be with your baby and meet other moms or dads. While the kids are in the stroller, adults get a great workout and meet others who want to be active and exercise in beautiful outdoor parks.

LOCATION: NUMEROUS LOCATIONS, FIRST CLASS MEETS AT THE FRONT ENTRANCE OF BROOKSIDE PARK, 1325 6TH ST.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 5-JUN 26	SESSION 2 JUL 10-JUL 31
Stroller Power	W	11:00-11:45 AM	\$25/\$30	140129-1A	140129-2A

OUTDOOR YOGA

OUTDOOR YOGA - All levels are encouraged to participate in our outdoor Yoga class. Yoga will focus on the fundamental principles of breath and alignment allowing you to release stress while building strength and flexibility.

LOCATION: ROOSEVELT PARK, 9TH ST

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 13-JUN 23	SESSION 2 JUN 24-AUG 4
Yoga	W	5:00-5:45 PM	\$37.50/\$42.50	510815-1C	510815-2C

BALANCE & STRENGTH

BALANCE & STRENGTH - Enjoy the beautiful outdoors while participating in a class designed for the older adult! Classes will meet at the shelter.

LOCATION: ADA HAYDEN, 5205 GRAND AVENUE

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 13-JUN 23	SESSION 2 JUN 24-AUG 4
Balance & Strength	TU	8:00-8:45 AM	\$37.50/\$42.50	510805-1A	510805-2A

OLDER ADULT FITNESS CLASSES

BALANCE, STRENGTH, & STRETCH - This unique class will work on balance exercises and strength work.

INTRO TO WEIGHT TRAINING - Join us in a strength training circuit class held in the Community Center weight room. Trainers will assist you in learning basic strength exercises using the Life Fitness machines, bands, and free weights.

SILVER SNEAKERS - Silver Sneakers- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SPIF FUSION - Your favorite SPIF class with the bonus of strength, cardio, and yoga all fused together to make an incredible SPIF style workout.

ZUMBA GOLD - This class is designed for the active, older adult or beginners to Zumba. Same fun, exciting music, but easier to follow and taught at a lower intensity.

IN-PERSON

REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEES/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
Balance, Strength, & Stretch M		9:15-10:00 AM	\$37.50/\$42.50	510115-1A	510115-2A
Balance, Strength, & Stretch W		8:15-9:00 AM	\$37.50/\$42.50	510115-1B	510115-2B
Balance, Strength, & Stretch F		8:15-9:00 AM	\$37.50/\$42.50	510115-1D	510115-2D
Intro to Weight Training	M	9:00-9:50 AM	\$37.50/\$42.50	510116-1A	510116-2A
Intro to Weight Training	W	9:00-9:50 AM	\$37.50/\$42.50	510116-1B	510116-2B
Intro to Weight Training	F	9:00-9:50 AM	\$37.50/\$42.50	510116-1C	510116-2C
Silver Sneakers	TU	11:15 AM-12:00 PM	\$37.50/\$42.50	510111-1A	510111-2A
Silver Sneakers	TH	11:15 AM-12:00 PM	\$37.50/\$42.50	510111-1B	510111-2B
SPIF Fusion	TH	10:15-11:00 AM	\$37.50/\$42.50	510121-1A	510121-2A
SPIF Fusion	TU	1:30-2:15 PM	\$37.50/\$42.50	510121-1B	510121-2B
SPIF Fusion	TH	1:30-2:15 PM	\$37.50/\$42.50	510121-1C	510121-2C
Zumba Gold	TU	10:15-11:00 AM	\$37.50/\$42.50	510119-1A	510119-2A
Zumba Gold	TH	8:00-8:45 AM	\$37.50/\$42.50	510119-1B	510119-2B

ZOOM

LOCATION: VIRTUAL

CLASS	DAY	TIMES	FEES/NR FEE	SESSION 1* MAY 13-JUN 23	SESSION 2** JUN 24-AUG 4
Zoom Balance Strength Stretch M		9:15-10:00 AM	\$37.50/\$42.50	510705-1A	510705-2A
Zoom Balance Strength Stretch W		8:15-9:00 AM	\$37.50/\$42.50	510705-1F	510705-2F
Zoom Balance Strength Stretch F		8:15-9:00 AM	\$37.50/\$42.50	510705-1B	510705-2B
Zoom SPIF Fusion	TH	10:15-11:00 AM	\$37.50/\$42.50	510705-1C	510705-2C
Zoom Zumba Gold	TU	10:15-11:00 AM	\$37.50/\$42.50	510705-1D	510705-2D
Zoom Zumba Gold	TH	8:00-8:45 AM	\$37.50/\$42.50	510705-1E	510705-2E

* No classes Monday, May 27.

** No classes after 4 PM on July 3 and no classes July 4.

KIDS ZUMBA

KIDS ZUMBA - It's a fast-forward fusion of the Zumba program designed to let kids max out on fun and fitness at the same time. Our Zumba classes will teach kids to move, have fun and dance to fun Latin music!

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 5-JUL 17
Kids Zumba	W	3:45-4:30 PM	\$37.50/\$42.50	130601-1A

* No class on Wednesday, July 3.

HEALTHY FOOT

HEALTHY FOOT CLASS - If you have feet, this class is for you! Do you have problems with balance? What about foot pain associated with bunions, hammer toe, plantar fasciitis? Knee pain? Back pain? This class will help you alleviate or prevent these problems. The class will start with proper alignment, add in stretches, and review lifestyle changes you can make to keep your feet healthy. Get ready to kick off those shoes (this is a barefoot class) and learn more about your feet!

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 28-JUN 18
Healthy Foot Class	TU	9:15-10:15 AM	\$25/\$30	510925-1A



AQUA AT FURMAN

DEEP WATER FITNESS

DEEP WATER FITNESS - Deep water fitness class is an excellent addition to any cross-training regime. This high energy cardio workout in deep water uses a variety of exercises to enhance cardiovascular fitness while strengthening and toning muscles. Aqua fitness belts are provided but you must be able to swim in deep water.

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUL 1	SESSION 2 JUL 8-AUG 7
Deep Water Fitness	M	6:15-7:00 PM	\$31.25/\$36.25	140507-1B	140507-2B
Deep Water Fitness	W	6:15-7:00 PM	\$31.25/\$36.25	140507-1D	140507-2D

TOTAL AQUA CONDITIONING

TOTAL AQUA CONDITIONING - Sculpt your entire body as you improve overall strength, balance, coordination, and cardio training in our Total Aqua Conditioning class.

REGISTER FOR ANY
3 FITNESS CLASSES
AND ATTEND
UNLIMITED CLASSES!

LOCATION: FURMAN AQUATIC CENTER, 1635 13TH STREET

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* JUN 3-JUL 5	SESSION 2 JUL 8-AUG 9
Total Aqua Conditioning	M	11:00-11:45 AM	\$31.25/\$36.25	140509-1A	140509-2A
Total Aqua Conditioning	TU	11:00-11:45 AM	\$31.25/\$36.25	140509-1B	140509-2B
Total Aqua Conditioning	W	11:00-11:45 AM	\$31.25/\$36.25	140509-1C	140509-2C
Total Aqua Conditioning	TH	11:00-11:45 AM	\$31.25/\$36.25	140509-1D	140509-2D
Total Aqua Conditioning	F	11:00-11:45 AM	\$31.25/\$36.25	140509-1E	140509-2E

* No class on Thursday, July 4.



DANCE

BELLY DANCE

BELLY DANCE MIXED LEVEL - Whether you are a beginner or experienced belly dancer, our new mixed level class will teach you new dance techniques including posture, shimmies, isolations and travelling steps. Open to ages 12 and up.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUL 11-AUG 15
Belly Dance Mixed Level	TH	6:30-7:30 PM	\$39/\$44	190364-1B

LINE DANCE

LINE DANCE - Learn the basics of Country Line Dancing! You will be taught a variety of dances during a six-week class beginning with the favorite "Electric Slide"! This is a great form of exercise in a fun-filled environment. No experience necessary, no partners needed. Open to ages 14 and up.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JUN 3-JUL 8
Line Dance	M	4:30-5:15 PM	\$39/\$44	190330-1B

WEST COAST SWING

BEGINNER - Join us in our West Coast Swing (WCS) dance class! In this open style dance class, no experience or partner is necessary. Partners rotate during the class so you will get to dance with various partners. In this beginners WCS class focus is on the 6-count basic rhythm patterns and turns, as well as lead/follow connection and technique. WCS is a social dance and can be danced to almost any 4-count music including R&B, Hip Hop, Lyrical, and Blues. Open to ages 16 and up.

INTERMEDIATE - Take things up a notch with our Intermediate West Coast Swing class. The intermediate class offers dancers with some experience a chance to learn more complex patterns, styling, and techniques.

LOCATION: COMMUNITY CENTER, 515 CLARK AVE.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1* MAY 13-JUN 24
Beginner	M	6:45-7:45 PM	\$39/\$44	190355-1A
Intermediate	M	7:45-8:45 PM	\$39/\$44	190355-1B

*No class Monday, May 27.

TAE KWON DO DRAGON

TKD DRAGON: This class is designed for students 5 - 7 years of age. Basic Tae Kwon Do will be taught through games and age-appropriate practical exercises. The focus will be on coordination, balance flexibility, and following directions.

Beginner Level = White Belt

Intermediate Level = Yellow-Green Belt

LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 7-JUN 16	SESSION 2 JUN 18-JUL 28
Dragon Beginner	SU	3:45-4:15 PM	\$27/\$32	510410-1A	510410-2A
Dragon Beginner	SU	4:30-5:00 PM	\$27/\$32	510410-1B	510410-2B
Dragon Intermediate	SU	5:15-6:00 PM	\$27/\$32	510411-1A	510411-2A

TAE KWON DO (TKD) - ALL AGES

TKD: Focus the mind and strengthen the body in Tae Kwon Do! This popular martial arts class is open to individuals aged 8 and older. Promoting leadership and cooperation among individuals, Tae Kwon Do also enhances self-confidence, balance, flexibility, and physical endurance. The registration fee covers class instruction. Testing opportunities are held throughout the year. A dobok uniform is required for testing and is not included in the registration fee but can be purchased through the instructors.

BEGINNER LEVEL = White Belt

INTERMEDIATE LEVEL = Yellow-Green Belt

ADVANCED LEVEL = Blue Belt and above.

TKD ALL LEVELS - Open to all TKD students.

TKD COMPETITION CLASS - This class is a great way for students to learn and practice Tae Kwon Do forms and spar in preparation for competition! Participants must be at least a yellow belt to register.

LOCATION: P&R ADMINISTRATIVE OFFICE, 1500 GATEWAY HILLS PARK DRIVE

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 MAY 7-JUN 16	SESSION 2* JUN 18-JUL 28
Beginner	TU	6:00-7:00 PM	\$27/\$32	510401-1A	510401-2A
Beginner	TH	6:00-7:00 PM	\$27/\$32	510401-1B	510401-2B
Intermediate	TU	7:00-8:00 PM	\$27/\$32	510402-1A	510402-2A
Intermediate	TH	7:00-8:00 PM	\$27/\$32	510402-1B	510402-2B
Advanced	TU	8:00-9:00 PM	\$27/\$32	510403-1A	510403-2A
Advanced	TH	8:00-9:00 PM	\$27/\$32	510403-1B	510403-2B
All Levels	SU	6:00-7:00 PM	\$27/\$32	510404-1A	510404-2A
Competition	SU	7:00-8:00 PM	\$27/\$32	510405-1A	510405-2A

* No class on Thursday, July 4.

YOUTH SCHOLARSHIPS AVAILABLE FOR TAE KWON DO CLASSES

[HTTPS://WWW.CITYOFAMES.ORG/GOVERNMENT/DEPARTMENTS-DIVISIONS-I-Z/
PARKS-RECREATION/DEPARTMENT- INFORMATION](https://www.cityofames.org/government/departments-divisions-i-z/parks-recreation/department-information)

MEASURE YOUR BODY COMPOSITION WITH THE

INBODY 570

MEASUREMENTS INCLUDE:

- MUSCLE MASS
- BODY FAT PERCENTAGE
- WATER LEVELS
- MUSCLE IMBALANCES
- VISCERAL FAT
- BASAL METABOLIC RATE
- AND MORE!

PRICING: \$30/SCAN*

WANT TO SCHEDULE A SCAN?

Contact Nancy Shaw
515-239-5353
nancy.shaw@cityofames.org



HOW DOES IT WORK?

When you stand on the InBody scale and hold the handles, the machine sends tiny electrical impulses through your body, a technology called bioelectrical impedance. The impulses, which you can't feel, are able to differentiate between different types of body tissue, such as muscle, water, and fat.

**Individuals who are pregnant, have a pacemaker, or who cannot stand without assistance are not eligible to receive a scan for safety reasons.*



TRAINING SESSIONS

PERSONAL TRAINING

At Ames Parks & Recreation, our Nationally Certified Personal Trainers can assist you in reaching your fitness goals through one-on-one or semi-private training, whether you are looking to lose weight, build strength and endurance, or are recovering from an injury.

- Our trainers help to establish realistic and attainable goals.
- They will develop an exercise program specific to your individual needs, health status and limitations.
- Assure proper exercise technique, program design and progression to avoid common mistakes and exercise-related injuries.
- Integrate variety into your exercise routine to avoid boredom and training plateaus.
- Provide positive encouragement, motivation, and accountability.

Your personal training journey begins with an in-depth questionnaire of your lifestyle, needs and goals. Then, you'll be matched with one of our trainers who will work with you to build a customized fitness plan and provide instruction, encouragement, motivation and accountability along the way.

Packages of five or more sessions include a FREE In-Body Scan and consultation. Find more information about the InBody scan on page 16.

To get started working with a Personal Trainer contact Nancy Shaw, Public Wellness Manager at 515-239-5353 or nancy.shaw@cityofames.org

TRAINING PACKAGES	PRIVATE FEE	SEMI-PRIVATE FEE*
SUPER SINGLE	\$52	\$31
THREE SESSIONS	\$149	\$88
FIVE SESSIONS	\$247	\$152
TEN SESSIONS	\$437	\$268
FIFTEEN SESSIONS	\$566	\$366

*** FEE PER PERSON, PER ONE HOUR SESSION**

STRENGTH & CARDIO TRAINING

Come reap the benefits of strength training in the Community Center Weight Room. The weight room is equipped with CYBEX weight equipment, and the cardio room features Life Fitness Treadmills, Precor Ellipticals, a Nustep, Upright and Recumbent Bikes, Rowing Machine, and a Power Step Mill. Music and televisions are available to enhance your workout enjoyment

SCAN CARD	FEE BEGINNING JULY 1
10 Visit Package	\$43
30 Visit Package	\$97
50 Visit Package	\$135
100 Visit Package	\$216



PLEASE NOTE

All participants must complete a weight room orientation prior to using the facility. Please phone 515-239-5353 to schedule an orientation. Children must complete grade 6 prior to using the weight room, children in grades 7 and 8 must be accompanied by a guardian.

ORIENTATION FEE: \$15 (Fee includes orientation to the weight room and cardio room equipment)

JUNIOR HIGH & HIGH SCHOOL ORIENTATION FEE: \$35 (For kids who need a strength training program but are not sure where to start. A personal trainer will set up a program and make sure they know how to safely use the equipment.)

PILATES REFORMER TRAINING

Pilates reformer training is a wonderful balance to your regular strength training routine. It's low-impact and easy on the joints.

The Pilates reformer is a unique machine with different attachments and equipment that uses spring tension for resistance. There are a variety of exercises on the reformer at the essential, intermediate, and advanced levels. Each exercise is catered to YOUR body and YOUR postural needs.

Pilates improves your core strength, which is the building block of movement, strength, and agility. Pilates is a great way to improve balance as you're building strength in not only the large muscle groups but the small ones too. With this amazing workout you will exercise your entire body in the safest movement.

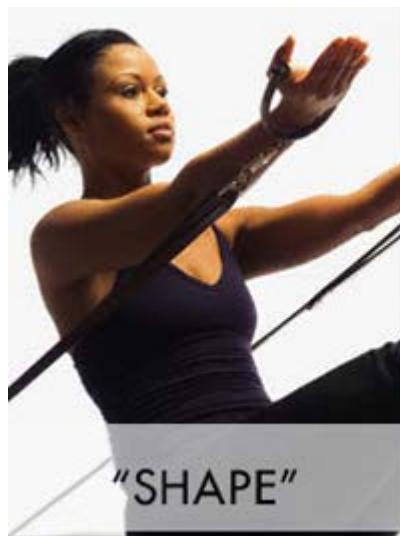
With the Reformer's multiple attachments, moving carriage, cables and progressive resistance system, you'll find yourself challenged for your fitness level!

Reformer training can help you achieve:

- Greater muscular strength and endurance
- A boost in your energy and metabolism
- Changes in your body composition
- Long lean muscles
- Increased cardio-respiratory fitness
- Improved agility, awareness and physical control
- Greatly improved balance and flexibility
- Increased core strength and improved postural alignment

Purchase a reformer training package of five or ten sessions and receive a FREE in-body scan and consultation. Find more information about the InBody scan on page 16.

REFORMER TRAINING PACKAGES	Fee
ONE SESSION	\$44
FIVE SESSIONS	\$219
TEN SESSIONS	\$390



WALK WITH EASE

a program for better living

Walking is a key to independence in older adults.

We are recruiting participants to enroll in a **FREE** study designed to evaluate the effectiveness of the evidence-based **Walk with Ease** intervention program for building healthy habits, improving function and reducing risk of falls.

Key Features

- *Learn Skills to Build Healthy Habits*
- *Group Sessions Make Walking Fun*
- *Free Guidebook & Online Resources*
- *Personalized Reports and Assessments*

Study Eligibility Requirements

- 60+ years old
- Able to stand for 10 minutes without increasing pain
- Safe to begin exercise



Enrollment in the 6-Week Walk with Ease study is available now with locations in Ames and Story City. Sign up Now.

*To Enroll in the Study
or
Learn More*

*WalkWithEaseISU.org
walkwitthease@iastate.edu*