Winter Fitness Schedule

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#### Check out EldridgeRecAndFitness.com for more

#### recreational activities and programs.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | SATURDAY |
| **5:10am**  **Body Sculpting**  **Heather Link** | **5:15am \***  **Group Cycling**  **Sarah Henzen** | **5:10am**  **Cardio Blast**  **Heather Link** |  | **5:15am \***  **Cardio Boot Camp**  **Sarah Henzen** | **7:00am**  **Group Cycling**  **Mary Ann Middleton** |
| **8:30am**  **HIIT**  **Teresa Bivens** | **9:18:30am \***  **Yogalates**  **Bonita Howes**  **59** | **8:30am**  **Power Circuit**  **Sarah Hansel** | **8:30am \***  **Yoga**  **Bonita Howes** | **8:30am**  **HIIT**  **Reagan Adkisson** | **8:30am**  **Body Sculpting**  **Sarah Hansel** |
| **9:30am**  **Healthy Heart**  **Teresa Bivens** |  | **9:30am**  **Healthy Heart**  **Reagan Adkisson** |  | **9:30am**  **Healthy Heart**  **Reagan Adkisson** |  |
| **4:30pm**  **Power Circuit**  **Dan Wassell** | **4:30pm**  **Cardio Boot Camp**  **Beth Langhauser** | **4:30pm**  **Power Circuit**  **Dan Wassell** |  |
| **5:45pm +**  **Bottoms Up**  **Jan 28 – March 6**  **Sarah Hansel** |  | **5:45pm +**  **Bottoms Up**  **Jan 28 – March 6**  **Sarah Hansel** |

If there is a weather-related North Scott school late start or cancellation the 8:30am & 9:30am classes are cancelled.

\* 45 Minute Class | + Additional Charge

**Try a class for FREE before signing up!**

Class Pass Punch Cards:

$50/6 classes

$80/10 classes

# Business Hours

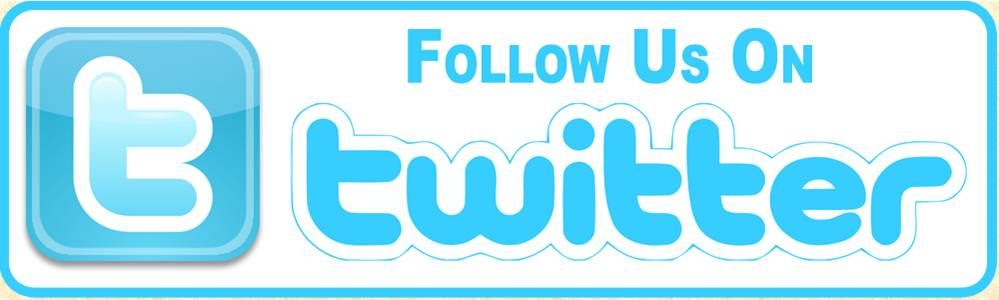
Monday – Thursday: 5:00 AM – 8:30 PM

Friday: 5:00 AM – 6:00 PM

Saturday: 6:00 AM – 3:00 PM

Sunday: 11:00AM – 4:00 PM

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Facebook.com/EldridgeRecAndFitness @ERF401 @eldridgeRecAndFitness

Located at 401 S. 14th Ave, Eldridge IA 52748 | 563.285.9561 | eldridgerecandfitness.com