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