

March Schedule

808 Commercial Street
Grinnell, Iowa 50112
641-236-2999
641-236-1975
EMAIL: cjackson@grmc.us
www.grmc.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin & Tone 5:45-6:30 am	Yoga I/II 5:45-6:45 am	Spin & Tone 5:45-6:30 am	Yoga I/II 5:45-6:45 am	Spinning 5:45-6:30 am	
					Spinning 7:00-7:45 am
					Power Pump 8:00-8:45 am
Kickboxing 8:15-9:00 am	Power Pump 8:15-9:00 am	Kickboxing 8:15-9:00 am	Power Pump 8:15-9:00 am		
					Yoga I/II 9:00-10:00 am
Gentle Yoga 9:15-10:15 am	Gentle Zumba 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	Gentle Zumba 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	
Spinning 12:00-12:45 pm	Core Fusion 12:00-12:45 pm	Spinning 12:00-12:45 pm	Zumba 12:00-12:45 pm	Spinning 12:00-12:45 pm	

Class Schedule

CLASSES MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.



It Pays to Attend

Earn a free 60-minute massage from Postels Community Health Park or a \$25 gift certificate from the Neon Café just by visiting Fly High Fitness Studio and PWA Fitness Center 60 times in six months. Sign or punch in and we'll track it for you.

Bring a Friend

Bring a friend for a free visit of Fly High Fitness Studio or PWA Fitness Center.

Power Pump 4:15-5:00 pm	Spinning 4:15-5:00 pm	Power Pump 4:15-5:00 pm	Spinning 4:15-5:00 pm		
Core Fusion 5:15-6:00 pm * Spinning 5:30-6:15 pm	Step Pump 5:15-6:15 pm	Zumba 5:15-6:00 pm * Spinning 5:30-6:15 pm	Step Pump 5:15-6:15 pm		
Power Flow Yoga 6:15-7:15 pm	Gentle Yoga 6:30-7:15 pm	Yoga II 6:15-7:15 pm	Gentle Yoga 6:30-7:15 pm		

* Classes run simultaneously.

Class Schedule

MARCH 2010

Benefits of Being a GRMC Wellness Member

- **Childcare Available!**

For a nominal fee, childcare is available for members using Fly High Fitness Studio. A parent or guardian must remain at Fly High when a child is dropped off at the childcare area. At this time, childcare is not available at the Paul W. Ahrens Fitness Center.

Childcare is available during most group exercise classes except those offered at 5:45 a.m. The fee for all childcare is \$1 per child per visit.

If your child is sick, please make other arrangements for childcare. Fly High reserves the right to turn away a child showing signs of illness or infection.

- **Access to the PWA Fitness Center**

Hours:

Weekdays

5:30 a.m. to 8 p.m. Monday through Thursday

5:30 a.m. to 7 p.m. Friday

Saturday

7 a.m. to noon

Sunday

7 a.m. to noon (November through March only)

- **Free Personal Training Session Per Month**

- **Free Access to the AquaMed Therapy**

The AquaMed is a dry hydrotherapy bed that combines the healing benefits of water, heat, and massage in a single treatment. Each session is 15-20 minutes. To schedule your unlimited free appointments, please call 641-236-2953.

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Join our email list or follow GRMC on Twitter, and we will send you class updates and cancellations for Fly High Fitness Studio and PWA Fitness Center. Visit www.grmc.us to sign up.