



SCHEDULE EFFECTIVE FEBRUARY 2010

808 Commercial Street
Grinnell, Iowa 50112
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Class Schedule

CLASSES MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.

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

Special Sunday Offerings

Let's Play Yoga

February 7–March 14
1 to 1:45 p.m.

RAGBRAI Spin Training

February 7–March 21
2 p.m.

Both classes are \$25 for members, \$50 for non-members. Call 236-2999 to sign up.

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

FEBRUARY 2010

Special Sunday Offerings

Let's Play Yoga

Ages 4 to 3rd Grade

Classes will run as a six-week session from 1 to 1:45 p.m. Sunday afternoons at Fly High Fitness Studio.

February 7 through March 14

This is intended to be a child/parent class. Price includes one child; each additional child is \$5.



Charge for either class:
\$25 for Current Members •
\$50 for Non-Members

Class size is limited. Call 236-2999 to sign up.

New Look!

We are moving to a monthly schedule to better meet client needs.

R A G B R A I Spin Training



Sundays at 2 p.m.

Feb. 7: 1 hour ride, Hill training

Feb. 14: Week off for Valentine's Day

Feb. 21: 1 hour 15 min. ride, Strength training

Feb. 28: 1 hour 30 min. ride, Interval training

March 7: 1 hour ride, Recovery training

March 14: 1 hour 30 min. ride, Hill training

March 21: 2 hour ride, Endurance training

Deadline to sign up is Feb. 1.