

Classes and Programs

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AQUAMED THERAPY • Your membership to GRMC's Wellness Program includes unlimited use of the AquaMed at Postels Community Health Park. 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 free appointments, please call 641-236-2953.**

CARDIO INTERVAL • A total body workout. A class built for burning calories, increasing strength and endurance, and improving cardiovascular fitness. This class features a variety of cardiovascular exercise (step, boot camp, interval, kickboxing, floor, and more). Strength training included.

CORE FUSION • A blend of Pilates, yoga, and traditional exercise, this total body workout builds strong abs and improves balance, flexibility, and all-over muscle tone.

DROP-IN FEE • When friends or family visit the area, they may pay a daily drop-in fee to use the services at Fly High Fitness Studio and the Paul W. Ahrens Fitness and Rehabilitation Center. The \$15 daily drop-in fee provides the recipient with unlimited use of the services at Fly High and Ahrens during regular hours over a 24-hour period.

FAMILY GYM NIGHT • This family-focused exercise option is held from 6 to 8 p.m. on Mondays at our family gym at Postels Community Health Park. Youth-sized equipment is appropriate for elementary and middle school children. **Sign up by calling 641-236-2999. No extra charge with a family membership.**

FUN WITH FITNESS • This after-school program is for children from kindergarten through 8th grade. The weekly program features child-sized equipment, kid-friendly nutrition, and fitness education all under the supervision of an exercise specialist. Transportation from Grinnell schools is available. **Call 641-236-2999 to sign up. No extra charge with a family membership.**

GENTLE YOGA • A slow flowing yoga class that uses props and modifications to ensure a safe and comfortable practice for seniors, pre/post-natal moms, and people with special health considerations such as arthritis or high blood pressure. No previous yoga experience necessary.

PERSONAL TRAINING • Each session is approximately one hour. When you sign up for personal training, an exercise specialist at the Paul W. Ahrens Fitness and Rehabilitation Center will help you develop an exercise routine, join you for the fun, and cheer you on as you complete it. **Additional cost to monthly membership.**

POWER PUMP • Weights without the gym! Get visible results quickly with this total body workout set to energizing music using free weights to increase strength, burn fat, and improve overall health.

SPIN AND TONE • Enjoy 30 minutes of cycling combined with 15 minutes of core and upper body strengthening.

SPINNING • An indoor cycling program that was designed to connect body and mind in an energizing session.

STEP PUMP • Your favorite step aerobics moves will be followed by 30 minutes of power pump. A total body workout!

SUMMER FITNESS CAMP • Every summer we offer various programs for youth in kindergarten to high school. The programs are age-appropriate. Registration class is based on the grade just completed. The next series will begin in June. **No extra charge with a family membership.**

WELLNESS COACHING • This 12-week program includes a weekly meeting with GRMC's wellness coach. The program's goal is to help each client develop a healthier lifestyle that they can maintain for a lifetime. The program features, nutrition, aerobic, stress management and strength training guidance. **Additional cost to monthly membership.**

YOGA • A flowing (Vinyasa) yoga class, designed to improve strength, flexibility, and balance through the coordination of breath and movement, while deepening body awareness and relieving stress.

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Massage Therapy
 Grinnell Regional Medical Center's massage therapists offer massage services at Postels Community Health Park. **To schedule an appointment, please call 641-236-2953.**

Class Schedule

CLASSES MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.

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



SCHEDULE EFFECTIVE JUNE 1 - SEPT. 2

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

Celebrate Safely This Independence Day

As the statistics indicate, playing with even the legal sparklers can be dangerous. Sparklers can burn at temperatures of about 2,000 degrees; hot enough to melt some metals. **Here are a few safety tips you and your children should stick to:**

- Never light sparklers indoors or near dry grass.
- Only light one sparkler at a time.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to properly operate the fire extinguisher.

- Do not wear loose clothing while using sparklers or snakes.
- Always read the directions and warning labels. If the sparklers and snakes are not marked with the contents, directions, and warning labels, do not light them.
- Supervise children around sparklers and snakes at all times.

Resource: Iowa Department of Public Safety

Fly High Fitness Studio will be closed July 4.

4:15	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			
4:30							
4:45							
5:00							
5:15		Step Pump 5:15-6:15 pm	Core Fusion 5:15-6:00 pm * Spinning 5:30-6:15 pm	Step Pump 5:15-6:15 pm			
5:30	Core Fusion 5:15-6:00 pm * Spinning 5:30-6:15 pm						
5:45							
6:00							
6:15							
6:30		Yoga II 6:15-7:15 pm					
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							

* Classes run simultaneously.