





January 2025 Classes and Events

SUN	MON	TUE	WED	THURS	FRI	SAT
<p>Hours: Monday-Thursday: 5 AM-9 PM Friday: 5 AM-8 PM Saturday and Sunday: 7 AM-7 PM</p>			<p>HAPPY NEW YEAR! <i>Closed</i></p>	<p>Get Fit Thursdays 9:30-10:30 am</p>	<p>Full Body Strength 8:00-8:45 am</p>	
<p>5</p>	<p>6 Minute to Win the Day 5:15-6:00 am Silver Sneakers 9:15-10:15 am</p>	<p>7 Spin & Training 5:15 - 6:00 am Get Fit Tuesdays 9:30-10:30 am</p>	<p>8 Sweat On Demand 5:15-6:15 am Silver Sneakers 9:15-10:15 am Spin & Training 5:45-6:30 pm</p>	<p>9 Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am</p>	<p>10 Full Body Strength 8:00-8:45 am</p>	<p>11 *Weekend Cycle 7:30-8:15 am Strength & Interval 8:15-9:00 am <i>Gym Closed</i></p>
  <p>12</p>	<p>13 Minute to Win the Day 5:15-6:00 am Full Body Strength 8:00-8:45 am Silver Sneakers 9:15-10:15 am</p>	<p>14 Spin & Training 5:15 - 6:00 am Get Fit Tuesdays 9:30-10:30 am</p>	<p>15 Sweat On Demand 5:15-6:15 am Full Body Strength 8:00-8:45 am Silver Sneakers 9:15-10:15 am Spin & Training 5:45-6:30 pm</p>	<p>16 Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am</p>	<p>17 Full Body Strength 8:00-8:45 am</p>	<p>18 *Weekend Cycle 7:30-8:15 am Strength & Interval 8:15-9:00 am <i>Gym Closed</i></p>
<p>19 January Challenge! See back for details.</p>	<p>20 Babysitting Clinic 9:00 a.m. - 3:00 p.m.</p>	<p>21 Spin & Training 5:15 - 6:00 am Get Fit Tuesdays 9:30-10:30 am Euchre 1:00 p.m.</p>	<p>22 Sweat On Demand 5:15-6:15 am Full Body Strength 8:00-8:45 am Silver Sneakers 9:15-10:15 am Spin & Training 5:45-6:30 pm</p>	<p>23 Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am</p>	<p>24 Full Body Strength 8:00-8:45 am</p>	<p>25 *Weekend Cycle 7:30-8:15 am Strength & Interval 8:15-9:00 am <i>Gym Closed</i></p>
<p>26 <i>Gym Closed</i></p>	<p>27 Minute to Win the Day 5:15-6:00 am Full Body Strength 8:00-8:45 am Silver Sneakers 9:15-10:15 am</p>	<p>28 Spin & Training 5:15 - 6:00 am Get Fit Tuesdays 9:30-10:30 am</p>	<p>29 Sweat On Demand 5:15-6:15 am Full Body Strength 8:00-8:45 am Silver Sneakers 9:15-10:15 am Spin & Training 5:45-6:30 pm</p>	<p>30 Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am</p>	<p>31 Full Body Strength 8:00-8:45 am</p>	

Check for Pop Up classes throughout the month!

Class instruction may change without notice. Cancellations will be noted via social media, as soon as possible.



563-556-8751 | 7896 Burds Rd #9646, Peosta, IA 52068 | www.cityofpeosta.org/community-centre

Notable Dates

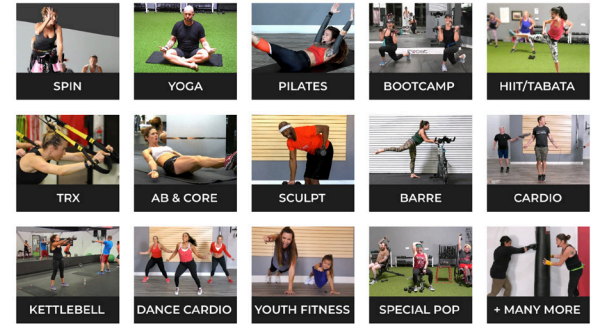
- January 1st - New Year's Day
- January 19th - National Popcorn Day
- January 20th - Martin Luther King Jr. Day

Notable Hours and Closings

- January 5th- Gym Closed for Volleyball a Tournament
- January 11th- Gym Closed for Volleyball a Tournament
- January 18th- Gym Closed for a Volleyball Tournament
- January 25th and 26th – Gym Closed for Iowa Games

Notable Events and Schedules

- January 20th - 9:00 a.m.-3:00 p.m. - Babysitting clinic
- January 21st- Join us in the PCC Meeting room for Euchre at 1 p.m. Free of charge.
- January 21st- 6:30-8:30 p.m. Introduction to Pickleball Clinic
- January 29th- 6:00-8:00 p.m. – Introduction to Pickleball Clinic
- Thursdays in January- Pickleball Open gym from 6:00-8:00 p.m.



Try Our New Online Classes!

Studio Sweat OnDemand is available in the fitness room and the spin room. Instructions can be found next to the TV in each room.



January Challenge

For Spin & Training: Take time to increase weights while maintaining technique and keeping strong numbers of repetitions to gain strength. Set a goal for yourself to increase water intake, reduce sugar, more fiber in your diet, etc.

Fitness Class Announcements

We are asking all members to bring their own mats to our fitness classes.

We are also requiring sign up for the classes that are * starred. There are limited spaces available so you must enroll to reserve your spot:

- Registration will be open all month
- Enrollment for * classes can be done online or at the front desk.
- We ask that if you are unable to attend you let us know so we can add people from the waiting list.