



Update from The W 11.30.17

'Burn' in the new year

Join us for three days of calorie-blasting workouts and shed those extra holiday pounds with three FREE (for members and guests) Burn in the New Year classes. The class will meet Dec. 26-28 from 5:30 to 6:30 a.m. This is a great way to try new workouts offered at The W. Each class will feature a different style (HIIT, yoga, and TRX/cycling).

Find your way to healthy habits

The W is once again partnering with Waverly Health Center and Hy-Vee to offer the Compass healthy living program beginning Tuesday, Jan. 2. The five-week program will meet 5:30-6:30 p.m. every Tuesday at The W. The Compass program will help participants establish and maintain long-term, healthy behavior changes in areas like activity, nutrition, stress management, habits, and goal setting. Cost is \$85. Call 319-483-1362 to register.

New specialty classes begin in January

Start the new year off right with a specialty class at The W. We will have new sessions of FXT and the Athlete Within beginning in early January. If you aren't sure about either class, our new hybrid option will give you a taste of both. Look for more information on the website coming soon.

Lifeguard training to be offered in December

The W will offer a Lifeguard training course Dec. 27-29. The American Red Cross program provides lifeguards with skills to keep others safe in and around the water. Participants must be 15 before the end of the course. Cost is \$180. Visit the [website](#) for more information.

Bring the kids for Fun Zone

Every Monday, Wednesday, and Friday, 9-11 a.m., two



Hours

The W Hours:

Mon.-Thurs. 5 a.m.-10 p.m.
 Fri. 5 a.m.-8:30 p.m.
 Sat. 7 a.m.-6:30 p.m.
 Sun. 11 a.m. (Fitness area only)
 1-10 p.m.

Pool Hours:

Mon.-Fri. 5:15-7:45 a.m.
 (vortex and lap swim only)
 11 a.m.-1 p.m.
 (vortex and lap swim only)
 4-8 p.m. (open swim)

Saturday 7:30-9 a.m.
 (vortex and lap swim only)
 11 a.m.-6 p.m. (open swim)

Sunday 2-8 p.m. (open swim)

Climbing Wall Hours

Thurs.-Fri. 5-8 p.m.
 Sat.-Sun. 1-5:30 p.m.

Child Care Hours:

Mon.-Fri.
 8:30-11 a.m.
 4:30-7:30 p.m.



fieldhouse courts will be transformed into an indoor park where preschool-aged children can run, play, and burn off energy. On the third Friday of the month (Dec. 15), we will open up the pool at 10 a.m. for an hour of water fun. The fieldhouse will remain open during this time. This program is free for members and \$1 for nonmembers. Cost for nonmembers is \$2 if they use the pool. Adults are free.

Facility availability

Please check the [website](#) for facility availability as we enter our busy season.

- Our swim team practice will occupy the first two pool lanes Mondays and Wednesdays, 3:45-6:45 p.m. **At least one lane will remain open for lap swimmers.**
- The north end of the pool will be closed for swim lessons Tuesdays and Thursdays, from 5 to 7 p.m., through Dec. 5, but **the vortex pool will remain open to exercisers.**
- The Wartburg track and field teams are practicing in the fieldhouse each week day from 3 to 6 p.m., through Dec. 8. **Members are encouraged to walk the Hall of Champions on the upper level.** A walking map, with several highlighted routes, is available online and in the lobby.
- There will be no lap swim on Saturday, Dec. 9, so that we can host our swim team meet. Everyone is welcome to come out and support our local athletes. **Open swim will continue as scheduled.**

Register now for the TriByKnight triathlon

Registration is now open for the seventh annual TriByKnight triathlon on Saturday, May 5. Cost for the race—a 300-yard swim, 15-mile bike, and 3.1-mile run—is \$45 per person or \$100 per team. [Click here](#) to register before the price goes up.

Pool open for early outs, weather dismissals

The swimming pool will open at 3 p.m. every Wednesday and for other official school weather cancellations through March 28.

Zesty Orange Hours:

Monday-Thursday: 7:30 a.m.-7 p.m.

Friday: 7:30 a.m.-6:30 p.m.

Saturday: 9 a.m.-4 p.m.

Sunday: 1-7 p.m.



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