ACTIVITIES

GROUP FITNESS CLASSES
- Zumba
- Cardio/Strength Conditioning
- Get on the Ball
- Flexibility, Core, and Balance
- Tabata Cycle and Core
- Cardio Cycle
- Cycle and Strength
- Mat Pilates
- Yoga, Gentle Yoga, 55+ Yoga, Advanced Yoga
- 55+ Fitness
- TRX Suspension
- TRX Body Blast

SPECIAL CLASSES, SERIES & CHALLENGES
- Personal Training
- Peaceful – Centered – Balanced Summer Workshop Series
- Heated Yoga for Beginners
- Cultivating the Attitude of Gratitude: A Yoga Practice
- Arts and Culture Programs
- Pool Paddleboard Yoga
- Dance Programs
- High Intensity Interval Training
- Winter Sports Conditioning
- Weight Watchers at Work
- Nutritional Counseling at the Recreation Center

Note: List of activities is for reference, not all activities may be listed.

AMENITIES/FACILITIES
- Cardiovascular Room
- Weight Training/Strength Area
- Group Fitness Classroom
- Indoor Pool and Sauna
- Indoor Gym with 1 Full-Sized Basketball Court
- Men’s and Women’s Locker Rooms
- Massage Therapy
- On-Site Childcare
- Lobby with Concessions and Free Wi-Fi

OPPORTUNITIES/BENEFITS
- Good range/variety of existing classes and services offered
- Facility is in relatively good condition
- Overall Incline Park/Recreation Center complex could provide an opportunity to expand the Recreation Center and consolidate some administrative functions for better efficiency
- Attractive lobby space with the opportunity to improve visibility of the reception desk/check-in process

CONSTRAINTS
- Lack of multi-use meeting room space for activities/programs
- Gymnasium is over scheduled and can be a source of user conflicts
- Weight and fitness equipment area is relatively small and does not meet ADA requirements for accessible use clearances
- Massage/Therapy space is inadequate
- Limited office space and storage area
- Lack of bike storage for Spin classes; students must move bikes through the lobby and into the spectator seating of the Natatorium after use

QUESTIONS TO CONSIDER
- How do you rate the overall quality of the Recreation Center and the District’s Fitness, Health and Wellness Services?
- Is something missing from the Recreation Center that IVGID could provide?
- What is the most important thing that can be done to improve the experience in regards to the Recreation Center, Fitness, Health and Wellness offerings?