

MORE WITH CORE -

We offer many other amenities between our two facilities. We have on-site physical therapy with Physiotherapy and Associates in Iowa City and Mercy in North Liberty, Anderson chiropractic offices in North Liberty and the East-West Massage. We don't want an injury to keep you from reaching your fitness goals and we understand that your time is valuable. That is why we are open 24 hours and offer early morning classes as well as evenings and weekends.

Core is proud of what we offer! We have been voted Best In the Corridor as well as Best Fitness Club in the Press citizens' Best Of edition. We want you to join the Core Family.

Take charge of your health **today!**

The Best Facilities and Amenities:

Fitness Classes for All Levels!

- Senior and Specialized Fitness Classes
- Les Mills Classes
- Zumba Classes
- Extended Fitness Programs with Personal Trainers

Making your Workout Better!

- Personal TV's
- Large selection of Cardio Equipment and Fitness Equipment
- Womens only Workout Facility
- Full Staff of exceptional Personal Trainers

Exceptional Service!

- Two 24hour Locations
- On site Child Care Services
- Friendly courteous staff

Outstanding Facilities!

- Separate Mens and Womens Sauna and Steam Rooms
- Tanning available on site
- Smoothie Bar in North Liberty
- Large Locker Rooms
- Locker Rentals
- Shower Towel Service

Personal Training



Group Fitness



Helping **You** Meet **Your** Fitness Goals!

Two Great Locations. Open **24** Hours.

Core Fitness - EAST

1555 1st Ave.
Iowa City
Ph: 319.351.CORE



Iowa City

Core Fitness - WEST

1395 Jordan St.
North Liberty
Ph: 319.665.2603



North Liberty



YOU'RE PART OF A **FAMILY**, NOT JUST A **FACILITY**

At Core Fitness we strive to make a difference in our members lives. We are more than just a fitness facility, we are a fitness community and we want to help you be your personal best.

Courteous staff is here to answer your questions. We offer two spacious locations and are open **24 hours** for your convenience . Both facilities have a full line up of group fitness classes that are included in your membership. Personal Trainers are available to give you one on one fitness tips and workout routines.

Personal Trainers at Core Fitness

Our personal trainers will design a safe and effective exercise program for you based on your individual goals. They will guide you through your workouts during private sessions, encouraging and motivating you. Whether you want to lose weight or gain strength, you will see great improvements in your fitness and performance by working with a trainer.

Body fat measurements and fitness assessments are available from our trainers.

Kids Club (Child Care)

No need to worry about what to do with the kids when your working out. Core Fitness has a Kids Club!

From 6 weeks to 12 years old, your kids can come in and participate in supervised activities while you work out. Want to teach your kids healthy workout habits?

Kids 12 and 13 are allowed to work out with adult supervision. So you can attend a Zumba class with your son or daughter!!

Group Fitness- Together We change Lives!

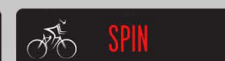
Working out alone can become boring quickly. Working out with friends keeps you motivated and is just more fun. Joining Cores Group Fitness classes may be the answer you are looking for to beat those work-out blues.

Group Fitness classes are an excellent way to make new friends while getting an amazing workout! From trying the latest craze with Zumba to centering you mind and body with Yoga; Core has it all. All ages and fitness levels can join in our Group Fitness classes. Specialized programs such as 55 and Fit and Zumba Gold take the impact out of the workout but keep you moving and flexible.

We offer year round indoor cycling classes , Pilates, Yoga, Strength Training, Core Conditioning and a full line up of Les Mills programs.

If you have not tried a group fitness class, please come in and talk to any of the certified professional instructors and see what each class and instructor has to offer. All of our instructors are certified in the programs they teach so you know you are attending a safe and motivating class. Read more about the classes and watch a video of several classes we offer at www.corefitness1.com

CORE OFFERS OVER 150 CLASSES TO HELP YOU STAY FIT!



LOOK GOOD. FEEL GREAT!