

HEARTLAND SPORTS COMPLEX

42 SPRUCE STREET - TIPTON, IOWA 52772
http://www.tiptoniowa.org/city/parks_rec.htm

JANUARY 2 - 31

OPEN GYM - COURT 1

MONDAY-THURSDAY

5:30 - 8:00 PM

WALKING TIMES / OPEN COURT

MON, WED & FRI
MONDAY - FRIDAY

6:00 - 9:00 AM
12:00 - 2:00 PM

GROUP FITNESS CLASSES

MONDAY & WEDNESDAY

6:00 - 6:45 AM (INTERVAL TRAINING)
8:00 - 9:00 AM (60+)
9:00 - 10:00 AM (SILVER SNEAKERS)
4:30-5:15 & 5:30-6:15 PM (INTERVAL TRAINING)

FRIDAY

6:00 - 6:45 AM (INTERVAL TRAINING)
8:00 - 9:00 AM (60+)
9:00 - 10:00 AM (SILVER SNEAKERS)

****SILVER SNEAKERS - A FREE CLASS FOR PEOPLE 65+ WHO HAVE A CERTAIN SUPPLEMENTAL INSURANCE PLAN. -
MORE INFORMATION CAN BE COLLECTED FROM HEINSITE FITNESS.****

**More open court times will be available if courts are unused. Schedule of courts will be available at the front desk at the Heartland Sports Complex. For more information about the Heartland or reserving court time please contact Adam Spangler at the James Kennedy Aquatic Center at 563-886-2271.



