

HEARTLAND SPORTS COMPLEX

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

MARCH 2 – APRIL 3

OPEN GYM - COURT 1

MONDAY-THURSDAY

5:30 - 8:00 PM

WALKING TIMES / OPEN COURT

MON, WED & FRI
MONDAY - FRIDAY

6:00 - 10:00 AM
12:00 - 2:00 PM

GROUP FITNESS CLASSES

MONDAY, WEDNESDAY & FRIDAY

10:45 - 11:45 AM (60+)

WEDNESDAY

4:30 - 5:15 PM (INTERVAL TRAINING)
5:30 - 6:15 PM (INTERVAL TRAINING)

****NO GROUP FITNESS CLASSES MARCH 22 - 28****

**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.



