

**GROUP FITNESS**  
**SCHEDULE:**  
**April 2024**

Reservations are required. Go to [www.dlccc.org](http://www.dlccc.org), to get your spot, they **open 72 hours prior** to class start and **close one hour before**. Some classes have limited spaces. If we do not have at least 3 registered by the start of class, the class will be canceled. So please make sure that you register!!!

|         | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|---------|--|---|--|---|--|--|---|
| 5:15AM  | Boot Camp – Fitness Studio   |   | Boot Camp w/Cara – Fitness Studio  |   | 5:30a Center Cycling – Studio B  |  |   |
| 6:05AM  | Morning Run Group – Outdoors   | SwimFit – Pool  | Morning Run Group – Outdoors   | SwimFit – Pool  |  |  |   |
| 7:00AM  |  | SwimFit – Pool  |  | SwimFit – Pool  |  | <b>NEW! 7:15a</b> – Trust Us ☺<br>– Check online schedule for studio/class style (4/6) |   |
| 8:00AM  |  |   | WaterInMotion – Pool   |   | Rockin’ to the Oldies – Pool   |  |   |
| 8:30AM  | SOULfusion™/Step Fusion – Large Fitness Studio<br>Silver Sneakers Splash® – Pool                                   | PUMPED – Fitness Studio<br>Silver Sneakers Splash® – Pool   | VIIT – Fitness Studio  | XaBeat – Fitness Studio<br>Cycle Boot Camp – Studio B<br>Silver Sneaker Splash® – Pool  |  | PIYo – Fitness Studio  |   |
| 9:00AM  |  |   | Hiking w/Tracy – Outdoors  |   |  |  |   |
| 9:30AM  | CardioBOOM – Fitness Studio<br>Body Power ½ hour – 3 <sup>rd</sup> floor Wellness Studio                           | XaLite – Fitness Studio<br>Center Cycling – Studio B  | Yoga Flow – 3 <sup>rd</sup> floor Wellness Studio<br><b>NEW!</b> SOULfusion™ - Studio B (4/10)<br>Silver Sneakers Yoga® – Fitness Studio | PUMPED – Fitness Studio   | XaLite – Fitness Studio<br>Yoga Flow w/Diane – 3 <sup>rd</sup> floor Wellness Studio |  |   |
| 10:00AM |  |   |  |   |  | XaBeat – Fitness Studio  |   |
| 10:30AM | Muscle Works – Fitness Studio  | <b>NEW!</b> S.E.A.T. - Fitness Studio<br>Tai Chi Chih® – 3 <sup>rd</sup> floor Wellness Studio<br><b>NEW!</b> Circuit Time – Studio B (4/9) | Muscle Works – Fitness Studio  | Silver Sneaker Classic® - Fitness Studio<br>Tai Chi Chih® – 3 <sup>rd</sup> floor Wellness Studio<br><b>NEW!</b> HIIT – Studio B- (4/4) | Muscle Works – Fitness Studio  |  |   |
| 11:10AM | Silver Sneakers Yoga® Fitness Studio<br><b>11:15a</b> - Yoga Flow w/Nancy<br>3 <sup>rd</sup> floor Wellness Studio |   | CardioBOOM – Fitness Studio  |   | Silver Sneakers Yoga® – Fitness Studio   | <b>11:00a</b> - Fit for Golf – fee-based program, register on website                  | <b>11:00a</b> - XaBeat – Fitness Studio *(4/28) |
| 12:00PM |  | Gentle Flow w/Kristal – 3 <sup>rd</sup> floor Wellness Studio   | Yin Yoga w/Amy – 3 <sup>rd</sup> floor Wellness Studio   | Yoga Flow w/Liz – 3 <sup>rd</sup> floor Wellness Studio   |  |  | <b>12:15p</b> – Center Cycling – Studio B       |
| 2:00PM  | Hiking w/Melia - Outdoors  |   |  |   |  |  |   |
| 4:30PM  | Cycle Boot Camp – Studio B   |   |  | Total Body Strength – Large Fitness Studio  |  |  |   |
| 5:00PM  | Yin Yoga w/Amy – 3 <sup>rd</sup> floor Wellness Studio   | PUMPED – Fitness Studio   | <b>NEW TIME!</b> VIIT – Fitness Studio (4/10)  |   |  |  |   |
| 5:30PM  | <b>NEW!</b> HIIT – Large Fitness Studio – (4/8)  |   |  | XaBeat – Fitness Studio<br><b>NEW!</b> Yoga Flow w/Jenna – 3 <sup>rd</sup> floor Wellness Studio  |  |  |   |
| 7:00PM  |  | <b>NEW!</b> Boot Camp – Studio B (4/9)  | Vinyasa Yoga w/Jess – 3 <sup>rd</sup> floor Wellness Studio  |   |  |  |   |

Scan the QR code to register for classes!



## Group Fitness Class Participant Information:

- All class spots require a reservation at least 1 hour prior to class start, but no more than 72 hours in advance. Please commit to your reservation. We understand that life happens, if you need to cancel, please do so 12 hours before so someone can have the open spot.
- Must be 16yrs old to attend classes without a parent, 12-15year olds can attend with a parent. Children under 12 are not allowed to participate in classes.
- KidsZone is available, please check with the front desk for openings.
- Do not come to class if you are not feeling well.
- **Bring your own water bottle, mat, towel, or blanket for floorwork.**
- Sanitize hands when entering and exiting room.
- After class, please wipe down any equipment and floor space that you used.

## CLASS DESCRIPTION

**Body Power Half Hour:** No equipment needed, just you and your mat, you don't even need shoes! Class takes place in the wellness studio, let's put those bodies to the test!

**Boot Camp:** Join Cara, Audrey, or Jess for a great start or end to your day, make it as intense as you want or need. You will be amazed at how much energy you will have when you leave! If you are not a 24/7 member, Cara or Jess will let you in for the class only. 45-minute class.

**CardioBOOM!:** This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40-minute class.

**Center Cycling:** A 45-minute class using indoor spin bikes for a high-energy, calorie-burning, cardiovascular workout.

**NEW! Circuit Time:** A fast-paced class in which you do one exercise for a set time and then move on to another exercise.

**Cycle Boot Camp:** Great mix of cardio and strength to keep your heart pumping and sweat pouring on and off the bike throughout the class. – 45 min

**Gentle Flow:** A 45-minute class that will move you through postures (asanas) to improve flexibility, range of motion, and to calm and settle the chatter in your head. Find your breath (pranayama) and the sense of peace that can come from regular yoga practice. All levels welcome.

**Hiking w/Tracy:** Join Tracy on a weekly outdoor adventure depending on the season! Get outside and enjoy the fresh air. Make sure to dress for the weather, bring your own water, and a snack just in case.

**NEW! HIIT:** High Intensity Interval Training at its best! Come and join us to start your weekend off right with a 45-minute workout to get your heart rate up and to make you sweat!!

**Morning Run Group:** Training for a race or just want someone to run with? Come run around town with Jess with some extra challenges along the way.

**Muscle Works:** This class is designed to work all muscle groups. You will learn to use a variety of equipment and proper form.

**PIYo:** Love the benefits of Pilates and Yoga, but are crunched for time? Try PIYo! 45-minutes

**PUMPED:** Use your own body weight and free weights to build all over strength. Go all out or modify, it's your workout!! 45-minute class.

**Rockin' to the Oldies:** Come join Melia and make a splash! Enjoy that classic Rock n Roll music while burning those calories.

**NEW!!! S.E.A.T.** – (Supported Exercise for Ageless Training) – this is a brand-new fitness program. It incorporates unique, preformatted choreography for a fun, socially engaging, and totally low impact workout. It is designed for a wide range of abilities. This new class strengthens the body and mind, while improving balance and flexibility through functional fitness.

**SilverSneakers® Classic:** Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 45-minute class.

**SilverSneakers® Splash:** Fun shallow water movements to improve agility & flexibility while addressing cardiovascular, strength, and endurance.

**SilverSneakers® Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

**SOULfusion™:** Creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training all set to crazy fun music.

**SwimFit:** Join Tracy, USMS certified, for a great swim workout. The group will train to build endurance, strength and improve technique in competitive swim strokes. Geared for adult swimmers, please bring goggles, towels, and a water bottle.

**Tai Chi Chih®:** Series of 19 movements that together make up a meditative form to reduce stress and improve circulating chi (energy).

**Total Body Strength:** Total Body Strength mixes resistance training with body weight exercises to absolutely challenge every muscle in your body – upper, lower, and core. Sculpt your way to a stronger, leaner physique. Unique combinations of exercises make this one killer workout.

**VIIT:** *Variable Intensity Interval Training* – This multi-level class offers high (cardio), medium (strength), and low (recovery) intensity intervals for a well-rounded workout for any fitness level. 45-minute class.

**Vinyasa Yoga:** A flowing yoga class that synchronizes movement and breath. Sun salutations and a good warm-up will warm the body for a class that will be different every time. Leave class feeling light, relaxed, and strong.

**Water in Motion®:** A fun aquatic class using a variety of moves to get a great workout in the water.

**XaBeat/XaLite:** Dance fitness program that provides high intensity cardio and toning in a fun environment where anyone can participate. No experience necessary. 45-minute class

**Yin/Yang Yoga:** This class is a delightful mix of **Yin** (*slower, passive*) and **Yang** (*gentle, energetic*) poses, bringing balance to the mind and body.

**Yoga Flow:** Learn proper form and breathing techniques to improve flexibility and relaxation. Prior yoga experience recommended.

**Yoga Sculpt & Shred:** A combination of power yoga and strength training to create a full body workout. For anyone looking for a fun and challenging workout in a group setting. Bring a towel, mat, & water. This class is for students who understand their body and are ready to push their limits. Explicit lyrics may be present in class playlists.