



## GROUP FITNESS SCHEDULE: January 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 w/Cara –Fitness Studio		Boot Camp w/Cara –Fitness Studio		5:30a Center Cycling – Cycling Studio		
6:05AM	5:50 - Morning Run Group – Outdoors	SwimFit – Pool	6:00 - Morning Run Group – Outdoors	SwimFit – Pool			
7:00AM		SwimFit – Pool		SwimFit – Pool			
8:00AM			WaterInMotion – Pool		Rockin' to the Oldies– Pool		
8:30AM	Step Fusion – Fitness Studio Silver Sneakers Splash® – Pool	PUMPED – Fitness Studio Silver Sneakers Splash® – Pool	VIIT – Fitness Studio	XaBeat – Fitness Studio Cycle Boot Camp – Cycle Studio Silver Sneaker Splash® – Pool	PiYo – Fitness Studio		
9:00AM			Hiking with Tracy – Outdoors			Fitness Frenzy Sampler – 9-11am; 1/20 – Free for all to attend	
9:30AM	CardioBOOM – Fitness Studio Body Power ½ hour – 3 <sup>rd</sup> floor Wellness Studio	XaLite – Fitness Studio Cycle Boot Camp – Cycling Studio	Yoga Flow – 3 <sup>rd</sup> floor Wellness Studio Silver Sneakers Yoga® – Fitness Studio	PUMPED – Fitness Studio	XaLite – Fitness Studio Yoga Flow w/Diane– 3 <sup>rd</sup> floor Wellness Studio		
10:00AM						XaBeat – Fitness Studio	
10:30AM	Muscle Works – Fitness Studio	Silver Sneaker Classic® – Fitness Studio Tai Chi Chih® – 3 <sup>rd</sup> floor Wellness Studio	Muscle Works – Fitness Studio	Silver Sneaker Classic® – Fitness Studio Tai Chi Chih® – 3 <sup>rd</sup> floor Wellness Studio	Muscle Works – Fitness Studio		
11:10AM	Silver Sneakers Yoga® Fitness Studio 11:15a - Yoga Flow w/Nancy (Zoom & Live) 3 <sup>rd</sup> floor Wellness Studio		CardioBOOM – Fitness Studio		Silver Sneakers Yoga® – Fitness Studio		11:00a - XaBeat – Fitness Studio *(1/28)
12:00PM	Beginner Yoga – 3 <sup>rd</sup> floor Wellness Studio (1/8 & 1/22)	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			12:15p - Cycle Boot Camp – Cycle Studio
2:00PM	Hiking w/Melia - Outdoors						
4:30PM	Cycle Boot Camp – Cycling Studio			Total Body Strength – Large Fitness Studio			
5:00PM	Yin Yoga w/Amy – 3 <sup>rd</sup> floor Wellness Studio	PUMPED – Fitness Studio					
5:30PM	Trapeze Yoga – Fitness Studio			XaBeat – Fitness Studio			
7:00PM			Vinyasa Yoga w/Jess – 3 <sup>rd</sup> floor Wellness Studio				

## 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

**Beginner Yoga** – Join Nancy to learn the why and how to do yoga. You will learn the language, breath, and basic postures. Everybody can and should do yoga. Nancy strives to show you how to use blocks, straps, and how to make each posture fit you.

**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 or Audrey for a great start 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 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. Wednesday, noon class is a 30-minute class.

**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

**Cycling 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.

**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.

**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.

**Ride the Beat:** With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

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

**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.

**Step Fusion:** Fun cardio step class along with some weights and finishing up with a great "mind/body" cooldown.

**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.

**Trapeze Yoga®:** Inversion Yoga is one of the fastest growing styles of yoga in the world. It's a ton of fun and allows you to use gravity and your own body weight to improve upper body & core strength, flexibility and much more. It is great for reducing tension & stress as well as relieving back pain. If you are "first-timer" please arrive 15 mins early to learn some of the safety guidelines. 60-min class – Starts back up 10/9.

**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.