



GROUP FITNESS SCHEDULE: October 5-31st, 2020

The classes that take place in the **pool** are limited to **14 participants**, **large fitness studio & stage** are limited to **10 participants**, **ballroom** is limited to **14**, and **outdoor classes** are limited to **24**. Registration is required at www.dlccc.org, and **opens 72 hours prior** to class start and **closes one hour before**.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM			Boot Camp – Fieldhouse			
6:05AM		Yoga – Ballroom SwimFit - Pool		Center Cycling – Ballroom SwimFit - Pool		
7:30AM						HIIT - Ballroom
8:00AM	Aqua Yoga - Pool	HIIT - FB Live	Aqua Zumba – Pool	HIIT - FB Live	Rockin’ to the Oldies – Pool	
8:30AM	Aqua Zumba – Pool HIIT - Ballroom	Aqua Fusion - Pool	HIIT - Ballroom	Aqua Fusion - Pool		
9:00AM	Silver Sneakers Yoga – Lg Studio		Outdoors with Tracy – Cycling - Start at DLCCC Engage Morning Walk - Start in parking lot		PiYo – Ballroom	
9:30AM	CardioBOOM - Ballroom		CardioBOOM - Ballroom			
10:00AM		Silver Sneaker Classic - Lg Fitness Studio/FaceBook Live Tai Chi Chih – Theatre Stage	Silver Sneakers Yoga – Lg Studio	Silver Sneaker Classic - Lg Fitness Studio/FaceBook Live Tai Chi Chih – Theatre Stage	XaBeat – Ballroom	XaBeat – Ballroom
10:30AM	Muscle Works –Youth gym		Muscle Works –Youth gym			
11:00AM	Yoga Flow – Theatre Stage				Yoga Flow – Theatre Stage Silver Sneakers Yoga – Lg Studio	
12:00PM		Yoga Flow – Theatre Stage	Ride the Beat - Ballroom Gentle Yoga – Theatre Stage	Yoga Flow – Theatre Stage Zumba - Ballroom	HIIT - Ballroom	
4:30PM			PiYo/Barre – Theatre Stage			
5:30PM	WaterInMotion - Pool	WaterInMotion - Pool	Mash-Up - Ballroom			
5:45PM				Ride the Beat - Ballroom		
7:00PM			Vinyasa – Theatre Stage	Vinyasa Flow - Ballroom		

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.
- Child care is currently unavailable
- Do not come to class if you are not feeling well or are experiencing any symptoms that may be related to COVID-19.
- For the large fitness room please enter through the main door and please do not congregate at the entrance. For the Ballroom, please enter through the door at the stairwell and exit through the same doors down the stairs to the fitness side. Only if you need the elevator you can use the theatre entrance.
- Masks during transitions are required.
- Be dressed and ready for the workout.
- Bring your own water bottle, mat, towel or blanket for floor work.
- Sanitize hands when entering and when exiting room.
- No fans of any kind will be allowed.
- After class please wipe down any equipment and floor that you used.

CLASS DESCRIPTIONS

Aqua Fusion-This shallow water fitness class allows participants to take advantage of a great cardio workout with minimum impact on joints.

Aqua Yoga -Slip into the pool and experience a relaxing, yoga-inspired aqua class. You will practice breathing techniques, vinyasas, and balance postures. Wash away tension and stress.

Aqua Zumba®-Make a splash with this Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party.

Boot Camp-Join Cara 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! 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-45 minute class using indoor cycles for a high-energy, calorie-burning, cardiovascular workout.

Full Body Fusion-A workout that fuses PiYo and Barre for a great core and full body workout.

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 a regular yoga practice. All levels welcome.

HIIT (45min) -(*High Intensity Interval Training*) Short intense bursts of activity means you'll carry on burning calories long after your workout.

MASHUP®-Mind/Body, Agility & Strength, and High-intensity Intervals.

Every fitness level can join us for this fun and challenging workout from your phone, tablet, computer or join a live class!

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

Outdoors with Tracy-Join Tracy on an outdoor adventure depending on the season!! She will take you biking, hiking, snowshoeing, or cross country skiing! Get outside and enjoy the fresh air. We will let you know what adventure is happening the week of the class.

PIYO™ -Love the benefits of Pilates and yoga, but are crunched for time? Try PiYo™. 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. 45 minute class.

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

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

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

Zumba®-A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system!! 45 minute class.