

GROUP FITNESS SCHEDULE: November 2024

Reservations are required. Go to 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		5:30- Center Cycling- Studio B		
6:05AM	6:00a -Morning Run Group – Outdoors	SwimFit – Pool	5:30a - Morning Run Group – Outdoors	SwimFit – Pool			
7:00AM		SwimFit – Pool		SwimFit – Pool		7:30a – SwimFlow - Pool (11/23)*	
8:00AM			WaterInMotion – Pool		Rockin’ to the Oldies– Pool	Instructors Choice – See schedule on website	
8:30AM	Step–Fitness Studio Silver Sneakers Splash® – Pool	PUMPED – Fitness Studio Silver Sneakers Splash® – Pool	VIIT – Fitness Studio	XaBeat – Fitness Studio Cycle Boot Camp – Studio B Silver Sneaker Splash® – Pool	PiYo – Fitness Studio		
9:00AM			Hiking w/Tracy – Outdoors			XaBeat – Fitness Studio	
9:30AM	CardioBOOM – Fitness Studio Body Power ½ hour – 3 rd floor Wellness Studio	XaLite – Fitness Studio Center Cycling – Studio B Aqua Fusion - Pool	Silver Sneakers Yoga® – Fitness Studio Soul Fusion – Wellness Studio	PUMPED – Fitness Studio	XaLite – Fitness Studio Center Cycling – Studio B		
10:30AM	Muscle Works – Fitness Studio	S.E.A.T. – Fitness Studio Tai Chi Chih® – Wellness Studio	Muscle Works – Fitness Studio	Silver Sneaker Classic® - Fitness Studio Tai Chi Chih® – Wellness Studio	Muscle Works – Fitness Studio		
11:10AM	Silver Sneakers Yoga® Fitness Studio 11:15a – Yoga Flow w/Nancy Wellness Studio		CardioBOOM – Fitness Studio		Silver Sneakers Yoga® – Fitness Studio		NEW! 11:00a – Barre Above – Large Fitness Studio 11:00a –XaBeat – Large fitness Studio (11/17)
12:00PM		Gentle Flow w/Kristal – Wellness Studio	Yin Yoga – Wellness Studio	Yoga Flow w/Liz– Wellness Studio			12:15p Cycle Boot Camp – Studio B
4:30PM	Muscle Works – Fitness Studio NEW! Cycling w/Maria – Studio B		Muscle Works – Fitness Studio	Total Body Strength – Fitness Studio			
5:30PM	HIIT– Fitness Studio	PUMPED – Fitness Studio		XaBeat – Fitness Studio			
7:00PM			Vinyasa Yoga w/Jess – Wellness Studio	Boot Camp w/Audrey – Fitness 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 unless otherwise stated.
- **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

Aqua Fusion: Beginner/mature - Want a great mix of cardio & resistance training in the water? Build some strength and get that heart rate up and enjoy a great aquatic workout.

Barre Above: Multi-level – Extracting every drop of grace and grit, far from being only a dancer's workout. The methodology remixes an artful blend of ballet, Pilates, yoga, strength & training movements into a signature sequence of moves to be appreciated across diverse fitness levels; Six-week class; No class 11/17;

Biking w/Tracy or Teri: Multi-level - Join Tracy or Melia 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.

Body Power Half Hour: Multi-level - 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: Intermediate/Advanced - 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! Beginner/mature - This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40-minute class.

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

Cycle Boot Camp: Multi-level - 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/Maria – 8-week class – 45min

Gentle Flow: Multi-level - 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.

HIIT: Multi-level - High Intensity Interval Training at its best! Come and join us to start your week off right with a 30-minute workout to get your heart rate up and to make you sweat!!

Morning Run Group: Multi-level - 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: Multi-level - This class is designed to work all muscle groups. You will learn to use a variety of equipment and proper form.

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

PUMPED: Multi-level - 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: Beginner/mature - Come join Melia and make a splash! Enjoy that classic Rock n Roll music while burning those calories.

Intensity Levels

- **Beginner/Mature Adult Level** – Class is designed for new exercisers, older adults, or individuals' w/movement challenges. Format may be suitable for seated activity
- **Multi-level** – Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.
- **Intermediate/Advanced Level** – Class designed for higher fitness levels and/or prior exercise experience in similar format.

S.E.A.T. – (Supported Exercise for Ageless Training) – Beginner/mature - Incorporates unique, preformatted choreography for a fun, socially engaging, and totally low impact workout. It is designed for a wide range of abilities.

SilverSneakers® Classic: Beginner/mature - 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: Beginner/mature - Fun shallow water movements to improve agility & flexibility while addressing cardiovascular, strength, and endurance.

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

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

SwimFit: Multi-level - 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®: Beginner/mature - Series of 19 movements that together make up a meditative form to reduce stress and improve circulating chi (energy).

Total Body Strength: Intermediate/Advanced - 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 a 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: Multi-level - 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®: Multi-level - A fun aquatic class using a variety of moves to get a great workout in the water.

XaBeat/XaLite: Multi-level - 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: Multi-level - Learn proper form and breathing techniques to improve flexibility and relaxation. Prior yoga experience recommended.

***SwimFlow:** Multi-level - Come and join Jess and Tracy for a half hour of yoga followed by a half hour of SwimFit to start your weekend out right - *Once a month class