



GROUP FITNESS SCHEDULE: November 2022

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!!!

*Weather permitting, please check location if rain is in the forecast.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	Boot Camp w/Audrey – Fitness Studio		Boot Camp w/Cara –Fitness Studio				
6:05AM	Morning Run w/Jess – Outdoors	SwimFit – Pool	Morning Run w/Jess – Outdoors	SwimFit – Pool	Center Cycling – Cycling Studio		
7:00AM		SwimFit – Pool		SwimFit – Pool			
8:00AM			Dancin’ Through the Decades - Pool		Rockin’ to the Oldies– Pool		
8:30AM	Step Fusion – Fitness Studio Aqua Fusion – Pool	PUMPED – Fitness Studio Silver Sneaker Splash - Pool	VIIT – Large Fitness Studio	Silver Sneaker Splash – Pool Cycle Boot Camp – Cycle Studio	PiYo – Fitness Studio		
9:00AM			Hiking with Tracy – Outside*		Aqua Fusion – Pool		
9:30AM	CardioBOOM –Fitness Studio	XaLite – Fitness Studio Cycle Boot Camp – Cycling Studio	Silver Sneakers Yoga® – Fitness Studio HOT MOM WALK! – Outdoors*	PUMPED – Fitness Studio	XaLite – Fitness Studio		
10:00AM		Tai Chi Chih® – Wellness Studio		Tai Chi Chih® – Wellness Studio		XaBeat – Fitness Studio	
10:30AM	Muscle Works – Fitness Studio	Silver Sneaker Classic® - Fitness Studio	Muscle Works – Fitness Studio	Silver Sneaker Classic® - Fitness Studio	Muscle Works – Fitness Studio	Silver Sneakers Yoga® – Fitness Studio	
11:10AM	Silver Sneakers Yoga® Fitness Studio Yoga Flow w/Nancy H – Wellness Studio		CardioBOOM – Fitness Studio		Yoga Flow w/Nancy – Wellness Studio		
12:00PM		Gentle Flow w/Kristal – Wellness Studio	Yin/Yang Yoga w/Amy – Wellness Studio	Yoga Flow w/Liz– Wellness Studio		12:15 - Cycle Boot Camp – Cycling Studio	
4:00PM	I-Restore – Fitness Studio						
5:00PM	Intro to Trapeze Yoga – Fitness Studio (11/7)	PUMPED – Fitness Studio					
5:30PM	Center Cycling – Cycling Studio Trapeze Yoga – Fitness Studio		Boot Camp w/Audrey – Fitness Studio	XaBeat – Fitness Studio			
5:45PM	WaterInMotion - Pool	WaterInMotion - Pool	Deep Water - Pool				
6:00PM	Ashtanga Yoga – Wellness Studio						
7:00PM			Vinyasa Yoga w/Jess – 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.
- KidsZone is available, please check with the front desk for openings.
- 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.
- **Bring your own water bottle, mat, towel or blanket for floor work.**
- Sanitize hands when entering and when exiting room.
- After class please wipe down any equipment and floor space 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.

Ashtanga Yoga- A 90-minute sequence – going through the Ashtanga primary series to begin and perhaps add some of the intermediary series throughout. Meant more for people somewhat familiar with yoga basic movements, but beginners always welcome. Will take place once a month during the summer. – June 27, July 25, & August 29.

Biking with Tracy - Join Tracy on a weekly outdoor adventure depending on the season! During the summer months we are going for bike rides. Get outside and enjoy the fresh air. Make sure to dress for the weather, bring your own water, and a snack just in case.

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 while on and off the bike throughout the class. – 45 min – **Sunday's w/Gen 60 mins**

Deep Water – Exercising using the aqua belt and deep end...ZERO impact. Barbells and noodles may be added for a variety of exercises.

Dancin' Through the Decades – Join Nancy in the pool as you dance, sing, shake, hop and jive to music from all of the decades we love!!! No dance experience needed & all levels welcome.

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. A levels welcome.

HOT MOM WALK: The viral HOT MOM WALK trend hits Detroit Lakes! Mom's – let's get together and walk! Weekly we will head out on a walk either around town or hit the indoor track (weather permitting). The purpose of this group is to socialize and get to know other mom's while getting in a few miles. All moms invited! Stop in from work, push a stroller, wear your baby, or utilize the Kidzone- whatever is best for you!

Intro to Yoga Trapeze – One 30 minute class a month to learn your way around the trapeze, learn some techniques and cues before taking a full class.

iRestore-A feel good, active recovery workout. Combines breathe work and self-massage with holistic stretching to minimize muscle soreness, relieve joint stiffness and improve flexibility.

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 a weekly outdoor adventure depending on the season! Hiking, snowshoeing, cross country skiing! Get outside and enjoy the fresh air. Make sure to dress for the weather, bring your own water, and a snack just in case.

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.

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 water bottle.

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

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. 60-min class

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 at the Mountain - Join Leigh out at Detroit Mountain for a yoga flow class with a great view. Bring your own mat, water, and towel. Meet at the ski lodge for instruction of where the class will be.

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