



GROUP FITNESS SCHEDULE:

May 1st – 31st, 2021

The classes that take place in the **pool** are limited to **25 participants**, **large fitness studio 11** & **stage** is limited to **10 participants**, **ballroom** is limited to **25**. 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 w/Cara – Zoom			
6:05AM		SwimFit - Pool		SwimFit - Pool		
6:15AM		Sunrise Yoga w/Liz– Theatre Stage		Yoga Fusion w/Kilee - Zoom		
8:00AM	Step Fusion – Fitness Studio		Aqua Zumba – Pool	HIIT – FB Live		Rockin’ to the Oldies – Pool
8:30AM	Aqua Fusion – Pool	Silver Sneaker Splash - Pool		Silver Sneaker Splash - Pool	8:15a - Cycling – Ballroom	
9:00AM	PiYo – Fitness Studio	HIIT – FB Live	Cycling with Tracy –meet in DLCCC parking lot Yoga Fusion w/Kilee – Theatre Stage	PUMPED – Fitness Studio		PiYo – Fitness Studio
9:30AM	CardioBOOM –Ballroom	XaLite - Ballroom	CardioBOOM – Ballroom		XaLite – Ballroom	
10:00AM	Silver Sneakers Yoga – Lg Studio/FaceBook Live	Tai Chi Chih – Theatre Stage	HIIT - FB Live Silver Sneakers Yoga – Lg Studio	Tai Chi Chih – Theatre Stage		XaBeat – Fitness Studio
10:30AM	Muscle Works –Ballroom	Silver Sneaker Classic - Lg Fitness Studio	Muscle Works –Ballroom	Silver Sneaker Classic - Lg Fitness Studio/FaceBook Live		Muscle Works – Ballroom Silver Sneakers Yoga – Lg Studio
11:15AM	Yoga Flow w/Nancy H – Theatre Stage					Yoga Flow w/Nancy – Theatre Stage
12:00PM		Gentle Flow w/Kristal – Theatre Stage	Gentle Flow w/Amy L – Zoom	Zumba – Ballroom/Zoom		
5:30PM	5:45p - WaterInMotion - Pool	Center Cycling – Ballroom (Lori M) 5:45p – Pool Pump/ WaterInMotion - Pool		XaBeat - Ballroom		
6:00PM	Vinyasa Yoga w/Kristal– Zoom					
7:00PM			Vinyasa Yoga w/Jess – Theatre Stage			
8:00PM						

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 with a limited schedule, reservations are required.
- 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 are required in the building and must remain on during land fitness classes.
- 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 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: A 60-minute class using indoor spin bikes for a high-energy, calorie-burning, cardiovascular 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. A levels welcome.

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

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-minutes

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.

Sunrise Yoga – Sunrise Yoga is the perfect class to start your day! Your senses will be awakened and your soul energized as we spend 60-minutes exploring yoga through Vinyasa yoga practice. One hour class.

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).

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 Yoga: A deeply relaxing sequence of poses that support the body with the assistance of props to restore optimum mind/body balance in every way. No prior yoga experience required.

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

Yoga Fusion: Faster paced, vigorous vinyasa yoga, incorporating high-intensity intervals into this heart-pumping workout.

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