



GROUP FITNESS SCHEDULE: May 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			Boot Camp w/Cara – Fitness Studio				
6:05AM		SwimFit - Pool		SwimFit – Pool Center Cycling – Cycling Studio			
8:00AM	Step Fusion – Fitness Studio		Dancin’ Through the Decades – Pool			Rockin’ to the Oldies – Pool	
8:30AM		PUMPED – Fitness Studio Silver Sneaker Splash® - Pool Center Cycling – Cycling Studio	VIIT – Large Fitness Studio	Cycle Boot Camp – Cycling Studio Silver Sneaker Splash® - Pool		Center Cycling – Cycling Studio PiYo – Fitness Studio	
9:00AM	Aqua Fusion – Pool		Outdoors with Tracy - Outside			Silver Sneaker Splash - Pool	
9:30AM	CardioBOOM – Fitness Studio	XaLite – Fitness Studio HIIT – X-Zone	Silver Sneakers Yoga® – Fitness Studio	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	
11:05AM	Silver Sneakers Yoga® Fitness Studio		CardioBOOM – Fitness Studio			Silver Sneakers Yoga® – Fitness Studio	
11:15AM	Yoga Flow w/Nancy H – Wellness Studio	11:20 - Introduction to Yoga – Fitness Studio				Yoga Flow w/Nancy – Wellness Studio	
12:00PM		Gentle Flow w/Kristal – Wellness Studio	Yin/Yang Yoga w/Amy L – Wellness Studio	Yoga Flow w/Liz– Wellness Studio			
3:00PM							Cycle Boot Camp – Cycle Studio
4:00PM				iRestore® – Wellness Studio			
4:30PM		Yoga Trapeze* – Fitness Studio					
4:45PM				Intro to Yoga Trapeze* - Fitness Studio – 5/5/22			
5:30PM	Center Cycling – Cycling Studio WaterInMotion - Pool XaBeat – Fitness Studio	5:15 - Yin Yoga w/Amy – Wellness Studio Pool Pump/WaterInMotion - Pool		Yoga Trapeze* – Fitness Studio WaterInMotion - Pool			
5:45PM		PUMPED – Fitness Studio					
6:00PM	Ashtanga Yoga – Wellness Studio						
7:00PM			Vinyasa Yoga w/Jess – Wellness Studio				

Updated 04/29/2022

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.

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! 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.

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.

HIIT (45min) - (High Intensity Interval Training) Short intense bursts of activity means you'll carry on burning calories long after your workout. Any level welcome, modifications are always an option.

Introduction to Yoga – Have you ever wanted to try yoga, but didn't feel comfortable just joining a class? Do you want to know more about the yoga terms? How is yoga breathing different? Join Nancy in this 8wk session to learn this and more. Your mind, body, and soul will thank 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).

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 Trapeze** – Inversion Yoga is one of the fastest growing styles of yoga in the world. It allows you to use gravity and your own body weight to improve upper body & core strength, flexibility, and much more. Please bring your own mat. 1-hour class. **Must attend an "Intro" class before coming for your first time. For ages 16 and over.**