



GROUP FITNESS SCHEDULE: September 1-30th, 2021

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
5:15AM			Boot Camp w/Cara –Fitness Studio			
6:05AM		SwimFit - Pool		SwimFit - Pool		
8:00AM	Step Fusion – Fitness Studio	Center Cycling – Ballroom	Biking with Tracy – Meet in DLCCC parking lot Aqua Zumba® – Pool		Rockin’ to the Oldies – Pool	
8:30AM	Aqua Fusion – Pool	PUMPED – Fitness Studio Silver Sneaker Splash® - Pool		HIIT – Bandshell Silver Sneaker Splash® - Pool	Center Cycling – Ballroom	
9:00AM	PiYo – Bandshell		VIIT – Large Fitness Studio		PiYo – Bandshell Silver Sneaker Splash - Pool	
9:30AM	CardioBOOM –Ballroom	HIIT – Bandshell XaLite - Ballroom	CardioBOOM – Ballroom	PUMPED – Fitness Studio	XaLite – Ballroom	
10:00AM	Silver Sneakers Yoga® – Fitness Studio	Tai Chi Chih® – Bandshell	Silver Sneakers Yoga® – Fitness Studio	Tai Chi Chih® – Bandshell		XaBeat – Fitness Studio
10:30AM	Muscle Works –Ballroom	Silver Sneaker Classic® - Fitness Studio	Muscle Works –Ballroom	Silver Sneaker Classic® - Lg Fitness Studio	Muscle Works – Ballroom Silver Sneakers Yoga® – Fitness Studio	
11:15AM	Yoga Flow w/Nancy H – Bandshell				Yoga Flow w/Nancy – Bandshell	
12:00PM		Gentle Flow w/Kristal – Bandshell	Gentle Flow w/Amy L – Bandshell	Yoga Flow w/Liz– Bandshell		
5:30PM	5:45p - WaterInMotion - Pool	5:45p – Pool Pump/ WaterInMotion - Pool		XaBeat – Fitness Studio		
6:00PM			Vinyasa Yoga w/Jess – Bandshell			

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.
- 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.
- 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 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.

Biking with Tracy - Want to enjoy the lakes area? Grab your bike and join Tracy/Lori on an outdoor bike ride. The starting point will alternate between the bowling alley parking lot and the City Park. The rides are an hour long. Dress accordingly, bring water, and wear your helmet.

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.

Open Water Swim – Join Tracy for some true triathlon training out at Pearl Lake twice a month during the summer. Bring water, towel, goggles. Be dressed ready to swim. Once you register Tracy will give you the location of where they start and end the swim.

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.

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.