



## GROUP FITNESS SCHEDULE: September 14-September 26<sup>th</sup>

The classes that take place in the **pool** are limited to **14 participants**, **large fitness studio** are limited to **9 participants**, **ballroom** is limited to **14**, and **outdoor classes** are limited to **24**. Registration is required at [www.dlccc.org](http://www.dlccc.org), and **opens 72 hours prior** to class start and **closes one hour before**.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM			<b>Boot Camp – Fieldhouse</b>			
6:00AM		<b>SwimFit - Pool</b>		<b>SwimFit - Pool</b>		
8:00AM	<b>Aqua Yoga - Pool</b>	<b>HIIT - FB Live</b>	<b>Aqua Zumba – Pool</b>	<b>HIIT - FB Live</b>		
8:30AM		<b>Aqua Fusion - Pool</b>		<b>Aqua Fusion - Pool</b>		
9:00AM			<b>Center Cycling Club - Start at DLCCC CardioBOOM - Ballroom Engage Morning Walk - Start in parking lot</b>	<b>Yoga Flow - Band Shell</b>	<b>PiYo – Band Shell Engage Morning Walk - Start in parking lot</b>	
10:00AM	<b>HIIT - Band Shell</b>	<b>Silver Sneaker Classic - Lg Fitness Studio/FaceBook Live Tai Chi Chih - Band Shell</b>	<b>HIIT – Band Shell</b>	<b>Silver Sneaker Classic - Lg Fitness Studio/FaceBook Live Tai Chi Chih - Band Shell</b>	<b>XaBeat – Ballroom</b>	<b>XaBeat – Ballroom</b>
11:00AM	<b>Yoga Flow - Band Shell</b>				<b>Yoga Flow - Band Shell</b>	
12:00PM			<b>Ride the Beat - Ballroom Gentle Yoga - Band Shell</b>	<b>Zumba - Ballroom</b>		
5:30PM	<b>WaterInMotion - Pool</b>	<b>WaterInMotion – Pool</b>				
5:45PM				<b>Ride the Beat - Ballroom</b>		
6:00PM			<b>Yoga Flow - Band Shell</b>			

## 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.
- Child care is currently unavailable
- 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 during transitions are required.
- 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 Yoga**

Slip into the pool and experience a relaxing, yoga-inspired aqua class. You will practice breathing techniques, vinyasas, and balance postures. Wash away tension and stress.

### **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.

### **Cardio Barre**

Is a fun full body workout that fuses the best elements of ballet, Pilates, and toning exercises for a truly unique and sculpting experience. 45 minute class.

### **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. All levels welcome.

### **HIIT (45min)**

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

### **PIYO™**

Love the benefits of Pilates and yoga, but are crunched for time? Try PiYo™. 45 minute class.

### **Ride the Beat**

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. 45 minute class.

### **SilverSneakers® BOOM™ Move**

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40 minute class.

### **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..

### **Water in Motion®**

A fun aquatic class using a variety of moves to get a great workout in the water.

### **XABeat**

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. .

### **Zumba®**

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