



## GROUP FITNESS SCHEDULE: September 20-30<sup>th</sup>, 2022

Reservations are required. Go to [www.dlccc.org](http://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!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	<b>Boot Camp w/Audrey – Fitness Studio</b>		<b>Boot Camp w/Cara –Fitness Studio</b>				
6:05AM	<b>Morning Run w/Jess - Outdoors</b>	<b>SwimFit –Pool</b>	<b>Morning Run w/Jess - Outdoors</b>	<b>SwimFit – Pool</b>			
8:00AM	<b>Step Fusion – Fitness Studio</b>		<b>Biking with Tracy – Outside* Dancin’ Through the Decades - Pool</b>			<b>Rockin’ to the Oldies– Pool</b>	
8:30AM		<b>PUMPED – Fitness Studio Silver Sneaker Splash® - Pool</b>	<b>VIIT – Fitness Studio</b>	<b>XaBeat – Fitness Studio Silver Sneaker Splash® - Pool</b>	<b>PiYo – Fitness Studio</b>		
9:00AM	<b>Aqua Fusion –Pool</b>				<b>Aqua Fusion – Pool</b>		
9:30AM	<b>CardioBOOM – Fitness Studio</b>	<b>XaLite – Fitness Studio Cycle Boot Camp – Cycling Studio</b>	<b>Silver Sneakers Yoga® – Fitness Studio</b>	<b>PUMPED – Fitness Studio</b>	<b>XaLite – Fitness Studio</b>		
10:00AM		<b>Tai Chi Chih® – Bandshell</b>		<b>Tai Chi Chih® – Bandshell</b>		<b>XaBeat – Fitness Studio</b>	
10:30AM	<b>Muscle Works – Fitness Studio</b>	<b>Silver Sneaker Classic® - Fitness Studio</b>	<b>Muscle Works – Fitness Studio</b>	<b>Silver Sneaker Classic® - Fitness Studio</b>	<b>Muscle Works – Fitness Studio</b>		
11:10AM	<b>Silver Sneakers Yoga® Fitness Studio</b>		<b>CardioBOOM – Fitness Studio</b>		<b>Silver Sneakers Yoga® – Fitness Studio</b>		
11:15AM	<b>Yoga Flow w/Nancy H – Bandshell*</b>				<b>Yoga Flow w/Nancy – Bandshell*</b>		
12:00PM		<b>Gentle Flow w/Kristal – Bandshell*</b>	<b>Yin/Yang Yoga w/Amy – Bandshell*</b>	<b>Yoga Flow w/Liz– Wellness Studio</b>			<b>12:15 - Cycle Boot Camp – Cycling Studio</b>
5:00PM	<b>Intro to Yoga Trapeze – Fitness Studio (9/12)</b>	<b>Pumped – Fitness Studio</b>					
5:30PM	<b>Center Cycling – Cycling Studio Yoga Trapeze – Fitness Studio</b>		<b>Boot Camp w/Audrey - Fitness Studio</b>	<b>XaBeat – Fitness Studio</b>			
6:00PM	<b>Ashtanga Yoga – Wellness Studio (9/19)</b>			<b>Yoga at the Mountain w/Leigh – Detroit Mountain*</b>			
7:00PM			<b>Vinyasa Yoga w/Jess – Wellness Studio</b>				

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

## 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

**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. All levels welcome.

**Muscle Works**-This class is designed to work all muscle groups. You will learn to use a variety of equipment and proper form.

**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

**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.