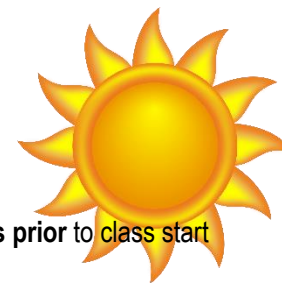


**OUTDOOR GROUP  
 FITNESS SCHEDULE:  
 June 20<sup>th</sup> – July 31<sup>st</sup>, 2022**



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Running w/Jess - DLCCC		Running w/Jess - DLCCC			
8:00AM			Biking with Tracy – DLCCC			Open Water Swim – Pearl Lake – 6/25, 7/9, & 7/23
8:30AM				HIIT – Bandshell		
9:00AM				Kayaking w/Tracy – South Shore Public Access – 6/23, 7/14, 7/28		
10:00AM		Tai Chi Chih – Bandshell		Tai Chi Chih – Bandshell		
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		
6:00PM	Ashtanga Yoga w/Kristal – Bandshell – 6/27		Vinyasa Yoga w/Jess – Bandshell		Yoga on the Mountain w/Leigh – Detroit Mountain	



## 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 for parents if their child is potty trained and out of diapers. Must pick up child within 15 minutes of class ending.
- Classes are located at or around the Bandshell in the DL City Park.
- For biking classes, you must provide your own bike and helmet. Starting point is the DLCCC.
- Do not come to class if you are not feeling well or are experiencing any symptoms that may be related to COVID-19.
- Bring your own water bottle, mat, towel or blanket.
- Dress for the weather.
- If you are a **non-member** and want to attend outdoor classes only you can purchase a 10-class punch card at the DLCCC front desk for \$50! Great deal!!!

## CLASS DESCRIPTIONS

**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** - 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.

**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.

**Kayaking with Tracy** – Grab your kayak or paddle board and meet Tracy at the South Shore Dr. public access. Coast Guard approved Life Jackets **are required**. 75 mins

**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.

**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 techniques to improve flexibility and relaxation. Prior yoga experience recommended.

**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.