



## GROUP FITNESS SCHEDULE: JULY 6-19

The classes that take place in the **pool** or **large fitness studio** are limited to **9 participants**, **ballroom** is limited to **14**, and **outdoor classes** are limited to **24**. Registration is required and is open 72 hours prior to class start.

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

## Group Fitness Class Participant Information:

- All class spots require a reservation at least 12 hours 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.
- Please enter through the main door for the large fitness room and exit through the door along the track. For the Ballroom, please enter through the door at the stairwell and exit through the double doors to the hallway and follow arrows.
- Masks during transitions are recommended but not 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 spray 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, 30 minute 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.

### **SilverSneakers® Yoga**

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered. 40 minute class.

### **Swim Fit**

Join USMS certified coach, Tracy Pechmann, for a challenging swim workout. The group will train to build endurance, strength, and improve technique in each of the four competitive swim strokes. Please bring swim goggles and water bottle. *Class is geared for adult swimmers.*

### **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. 1 hour class.

### **Zumba®**

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