THE CENTER of DETROIT LAKES
Fitness Aquatics

GROUP FITNESS SCHEDULE:
November 2026

Reservations are required. Go to www.dlccc.org, to reserve 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 at least an hour ahead of class start time, the class will be canceled. So please make sure that you register!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	**Boot Camp**–*Fitness Studio*		**Boot Camp** – *Fitness Studio* **Morning Run Group –** *Outdoors*		***5:30a*** **– Center Cycling –** *Cycle Studio*		
6:05AM		**SwimFit** – *Pool*		**SwimFit** – *Pool*			
8:00AM			**Aqua in Motion** - *Pool*				
8:30AM	**Step** – *Fitness Studio* **Silver Sneaker Splash** - *Pool*	**PUMPED** – *Fitness Studio* **Silver Sneaker Splash** – *Pool*	**Barre** - *Fitness Studio*	**Yoga Sculpt** – *Fitness Studio* **Silver Sneaker Splash** - *Pool*	**Rockin' to the Oldies –** *Pool* **PiYo** – *Fitness Studio*	**S.E.A.T.** – *Fitness Studio* – *POP-UP* – ***Nov 14th***	
9:30AM	**CardioBOOM –** *Fitness Studio* **Body Power ½ hour** – *3rd floor Wellness Studio* **Aqua Fusion –** *Pool*	**XaLite** – *Fitness Studio* **Center Cycling** – *Cycle Studio* **Aqua Fusion –** *Pool*	**Silver Sneaker Balance**– *Fitness Studio* **Yoga Fusion –** *Wellness Studio*	**PUMPED** – *Fitness Studio* **Aqua Fusion** – *Pool*	**XaLite** – *Fitness Studio* **Center Cycling –** *Cycle Studio*	**XaBeat** – *Fitness Studio*	
10:30AM	**Muscle Works –** *Fitness Studio*	**S.E.A.T.** – *Fitness Studio* **Tai Chi Chih®** – *Wellness Studio*	**Muscle Works –** *Fitness Studio*	**Silver Sneaker Classic®** - *Fitness Studio* **Tai Chi Chih®** – *Wellness Studio*	**Muscle Works –** *Fitness Studio*		
11:10AM	**Silver Sneakers Yoga®** *Fitness Studio* ***11:15a*** **– Mobility Flow** *Wellness Studio*		**CardioBOOM** – *Fitness Studio*		**Silver Sneakers Yoga®** – *Fitness Studio* ***11:15a*** **- Gentle Flow w/Dan -***Wellness Studio*		**11:00a - Barre Fusion** – *Fitness Studio*
12:00PM		**Gentle Flow w/Kristal** – *Wellness Studio*	**Yin w/Amy** – *Wellness Studio*				**12:15 – Center Cycling** – *Cycle Studio*
1:00PM		**Hikes w/Teri** - *Outdoors*					
4:30PM	**Total Body Strength** – *Fitness Studio*		**Total Body Strength** – *Fitness Studio*				
5:00PM	**Yin Yoga w/Amy**– *Wellness Studio*	**PUMPED –** *Fitness Studio*					
5:30PM	**Center Cycling Express** – *Cycle Studio*		**Center Cycling Express** – *Cycle Studio*	**XaBeat –** *Fitness Studio*			
6:00PM			**Aqua Fusion** - *Pool*				
6:30PM			**Vinyasa Yoga w/Jess** – *Wellness Studio*				

Scan the QR code to register for classes!

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.
- Must be 16yrs old to attend classes without a parent, 12-15year olds can attend with a parent. Children under 12 are not allowed to participate in classes unless otherwise stated.
- KidsZone is available, please check with the front desk for openings.
- Do not come to class if you are not feeling well.
- **Bring your own water bottle, mat, towel, or blanket for floorwork.**
- Sanitize hands when entering and exiting room.
- After class, please wipe down any equipment and floor space that you used.

Intensity Levels

- **Beginner/Mature Adult Level** – Class is designed for new exercisers, older adults, or individuals' w/movement challenges. Format may be suitable for seated activity
- **Multi-level** – Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.
- **Intermediate/Advanced Level** – Class designed for higher fitness levels and/or prior exercise experience in similar format.

CLASS DESCRIPTION

Aqua Fusion: Beginner/mature **-** Want a great mix of cardio & resistance training in the water? Build some strength and get that heart rate up and enjoy a great aquatic workout.
Aqua in Motion: Multi-level - A fun aquatic class using a variety of moves to get a great workout in the water
***Body Power Half Hour:** Multi-level **-** No equipment needed, just you and your mat, you don't even need shoes! Class takes place in the wellness studio, let's put those bodies to the test!
Boot Camp: Intermediate/Advanced - Join Cara or Jess 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 or Jess will let you in for the class only. 45-minute class.
CardioBOOM!: Beginner/mature - This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40-minute class.
***Center Cycling:** Multi-level - A 45-minute class using indoor spin bikes for a high-energy, calorie-burning, cardiovascular workout. ICG Coach by Color – If it is your first time taking this class please arrive 5-10min early to get set up.
***Center Cycling Express:** Multi-level – 30-min ride using the ICG Coach by Color method.
Gentle Flow: Multi-level - 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 regular yoga practice. All levels welcome.
Mobility Flow: Multi-level **-** A feel-good movement class designed for everybody and every experience level. We'll explore mobility, flexibility, balance, and strength through a mix of dynamic movement and intentional stretching. No experience necessary—just come ready to move.
Morning Run Group: Multi-level - Training for a race or just want someone to run with? Come run around town with Jess with some extra challenges along the way.
Muscle Works: Multi-level - This class is designed to work with all muscle groups. You will learn to use a variety of equipment and proper form.
Hikes w/Teri: Multi-level - Join Teri on a weekly outdoor adventure depending on the season! Get outside and enjoy the fresh air. Make sure to dress for the weather, bring your own water, and a snack just in case. **Check the location when registering.**
PiYo: Multi-level - Love the benefits of Pilates and Yoga, but are crunched for time? Try PiYo! 45 minutes
PUMPED: Multi-level - 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.

S.E.A.T.: (Supported Exercise for Ageless Training) – Beginner/mature - Incorporates unique, preformatted choreography for a fun, socially engaging, and totally low impact workout. It is designed for a wide range of abilities.
Silver Sneaker Balance: Beginner/Mature - This class is designed to enhance balance, core strength, and joint stability. Participants will practice controlled movements that challenge coordination and improve reaction time.
SilverSneakers® Classic: Beginner/mature - Have fun & move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 45-minute class.
SilverSneakers® Yoga: Beginner/mature - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.
Step: Multi-level - Fun cardio step class along with weights and high energy music.
SwimFit: Multi-level - Train to build endurance, strength and improve technique in competitive swim strokes. Geared for adult swimmers, please bring goggles, towels, and a water bottle. 1hr30min
Tai Chi Chih®: Multi-level - Series of 19 movements that together make up a meditative form to reduce stress and improve circulating chi (energy
***Total Body Strength**: Intermediate/Advanced - Total Body Strength mixes resistance training with body weight exercises to absolutely challenge every muscle in your body - upper, lower and core. Unique combinations of exercises make this one a killer workout.
Vinyasa Yoga: Multi-level - 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: Multi-level - 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 Yoga: Multi-level - Deeply relaxing sequence of poses that support the body with assistance of props to restore optimum mind/body balance in every way.
Yoga Flow: Multi-level - Learn proper form and breathing techniques to improve flexibility and relaxation. Prior yoga experience recommended.
Yoga Fusion: Multi-level - Yoga Fusion is a trend that blends yoga poses with other fitness regimens, such as Pilates, strength training, dance, or even kick boxing.
***Yoga Sculpt**: Multi-Level - This yoga class blends yoga sequences with hand weights and bursts of cardio to help students sculpt and define lean muscle and build core strength.

**Music may contain explicit lyrics*