

Summer Group Fitness Classes

NEW CLASS TIMES!!!

July 23 - Aug 24, 2012

Fitness Studio 1

Fitness Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	Step Beth	6-6:55a Zumba/Sculpt Vicki	20/20/20 Beth	6-6:55a Strictly Strength Andrea	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	PiYo Suzanne	Barbell Kerry	Power Sculpt Suzanne	*Zumba Gold* Vicki	Butts & Guts Suzanne
9:30-10:25	Power Sculpt Suzanne	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
10:45-11:40	*Zumba Gold* Vicki	*Hatha Yoga* Leslie	*Senior Yoga* Pat	*Hatha Yoga* Leslie	10:30-11:25a Barbell Sally
12:00-12:55	Zumba Jill/Shirlee	12 - 12:45p SculptXpress Julie	12 - 12:45p Kick & Core Joni	Zumba Jill	Barbell Mollie
	2:30 - 3:30p *Yoga in the Afternoon*				1:05 - 3:05p Senior Line Dancing
4:30-5:25p	Total Body Workout Elizabeth				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	Barbell Becky	ZUMBA Aubrey
6:30-7:25p	ZUMBA Aubrey	*Hatha Yoga* Leslie	ZUMBA Angie	*Hatha Yoga* Leslie	*Karate/ Self Defense*
7:30 - 8:25p	7:35 - 8:30p Barbell Kara		*Karate / Self-Defense*	*Zumba for Everyone!* Shirlee	

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Mollie		Spinning Lauren		Spinning Lauren
		8:30 - 9:25a *Pilates(B)* Shirlee		8:30 - 9:25a *Pilates(I)* Carol
Turbo Kick & Sculpt Kerry	Spinning Bill G	*Pilates (I/A)* Shirlee	Spinning Ann	*Pilates (ADV)* Carol
	Functional Fitness Sally	10:30-11:25a *Pilates(I)* Shirlee	10:50-11:50a *Sr. Pilates Carol	10:30-11:25a *Pilates (B)* Carol
12-12:45p SpinExpress Ann	11:45 - 1:45p *HBC Group Training*	12- 12:45p SpinExpress Julie		12 - 12:45p SpinExpress Julie
1 - 3p *Dublin Shamrockettes				
	5:30-6:25p *Pilates(I)* Carol		*Slow Flow Pilates* Carol	
7:00 - 8:00p *Power Yoga* Loretta	6:30 - 7:25p *Pilates(A) Carol			
	7:45 - 8:40p Spinning Lori	7:30 - 8:25p Pilates(B)* Shirlee	7:45-8:40p Spinning Lori	

Saturday	
Studio 1	Studio 2
8:15 - 9:10a Barbell Kara/Kerry	8:30 - 9:30a Spinning Lori
9:15 - 10:15a ZUMBA Vicki	
10:30-11:30a Total Body Workout Renee	
11:45-1:45p * Irish Ceilí Dance*	

Sunday	
Studio 1	Studio 2
9 - 9:55a Core & More Kara	8:30 - 9:30a Spinning Bill G
	12:30 - 2pm Senior Line Dancing
5:30 - 6:00p ZumbaBasics Aug 12 & 19	
6 - 7p Zumba Angie	

Classes with an (*) are program classes that run in sessions. See a DCRC Brochure for class times and fees.



Group Exercise Class Descriptions

Group Fitness Classes:	
All Classes require either a Group Fitness pass, trial pass or separate class registration	
Barbell	A NEW class format designed to work each major muscle group using barbells and plates set to motivating music. M7:35p TU 8:30a TH 5:30p FR 10:30a, 12p SA 8:15a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Core & More!	A class designed to work your abs and core in new and challenging ways...and more!! Su 9a
Cardio Circuit	A perfect combination of cardio and sports drills along with total body strength exercises. TU 7:30p
Butts & Guts	This toning class concentrates on strengthening the glutes and abs! FR 8:30a
Kick & Core	A great class starting with cardio kickboxing drills and ending with sculpting and core exercises. W 12p
PiYo	A great combination of Pilates mat work and Yoga stretches and poses. M 8:30a, TU 7:30a, TH 7:30a
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment. M 7:30a, 9:30a, 5:30p WE 7:30a, 8:30a, 5:30p FR 7:30a, 9:30a
SculptXpress	A 45 minute sculpting/strength training class perfect for your lunchtime or morning workout! TU 12p
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Strictly Strength	No running or Jumping, just total body strengthening and defining! TU 6a
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! M 4:30p, TU 9:40a, SA 10:30a
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises. M 9:30a
20/20/20	You'll never get bored with this mix of 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a, TH 9:40a
Zumba Basics	This 30 minute class will help you learn the basic Zumba steps and rhythms, then stay for the Zumba class that follows!
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape! M 12p, 6:30p WE 9:30a, 6:30p, TH 12p, FR 5:30p, SA 9:15a, SU 6pm
Zumba/Sculpt	This class mixes Zumba fitness with sculpting exercises using light weights for an all over workout! TU 6a
Spinning (Indoor Cycling) Classes: Use your Group Fitness Pass or trial pass. If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.	
Spinning	A 40 - 50 minute calorie-burning indoor cycling workout completed with cooldown and stretching. M 5:45a TU 9:30a, 7:45p WE 5:45a TH 9:30a, 7:45p FR 5:45a SA 8:30a SU 8:30a
Spin Express	A 45 spin-only class great for a lunchtime workout! M 12p, W 12p, FR 12p
All classes denoted with an asterisk (*) are specialized, progressive classes that require a class fee and run on 4 - 6 week schedules. Check the DCRC Brochure or website www.dublin.oh.us for class descriptions, class schedules, and fees.	
*Functional Fitness	A fitness class designed for active older adults to build strength, balance and coordination. Tu 10:45a
*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Tu 10:45a, 6:30p TH 10:45a, 6:30p
*Pilates	Using the Pilates Reformer machine, this class helps build balanced strength and flexibility. See brochure for class ability levels.
*Power Yoga	A more physically challenging yoga class designed to develop strength, endurance, flexibility and balance. M 10:45a, 7p
*Senior Yoga and Pilates	Same format as the other classes with appropriate modifications for mature patrons. See Brochure for days/times
Senior Line dancing	Learn some fun line dances while keeping in shape. Pay by the class at the DCRC front desk.
*Yoga in the Afternoon	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba Gold	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a TH 8:40a
*Zumba for Everyone	A Zumba workout but with more instruction on the steps and rhythms included - you must register for this class. TH 7:30p

Instructors

Kim Anderson
 Bill Arrighi
 Andrea Ashley
 Shirlee Ashworth
 Peg Baun
 Julie Borghese
 Aubrey Caldwell
 Patti DelCiello
 Jill D'Ooge
 Vicki Federico
 Jamie Friday
 Katie Georgenson
 Sally Gill
 Lauren Glovac
 Bill Guthery
 Belinda Gutierrez
 Angie Hise
 Elizabeth Katsares
 Carol Laymon
 JoAnn McDaniel
 Bruce McVeety
 Kailee Miller
 Joni Mosby
 Lara Nowak
 Renee Phillips
 Beth Politz
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young