DCRC Group Fitness Classes

Classes begin Saturday June 1, 2013

Fitness Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	**Step** Beth	**Core & More** Kara	**20/20/20** Beth	Barbell Kerry	**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	***Senior Sm group w/Jamie***	**Butts & Guts** Suzanne
9:30-10:25	**Turbo Kick & Sculpt** Kelly	**Total Body Workout** Shelley	**Zumba** Jill	**20/20/20** Kerry	**Power Sculpt** Suzanne
10:45-11:40	***Zumba for Any Body***	***10:35-11:30 *Hatha Yoga*** Leslie	***Senior Yoga*** Pat	***10:35-11:30 *Hatha Yoga*** Leslie	**10:35 - 11:30 Barbell** Sally
12:00-12:55	**Zumba** Jill	**12 - 12:45p** SculptXpress Julie	**Barbell** Kerry/Sally	**Zumba** Jill/Vicki	**Barbell** Mollie
	1 - 1:55p Sm group w/Jill		***1 - 1:55p Sm group w/Jill***		1:05 - 3:05p ***Line Dancing***
	2:30 - 3:30p PM Yoga				
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** Belinda/Hannah	***Hatha Yoga*** Leslie	**ZUMBA** Angie	***Hatha Yoga*** Leslie	***Karate/ Self Defense***
7:30 - 8:25p	**7:35 - 8:30 Barbell** Kara	**7:35 - 8:30** Butts & Guts Renee	***Karate/ Self Defense***	***Zumba for Everyone*** Belinda	

Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spin(55) Lauren/Ann		**Spin(55)** Lauren		**Spin(55)** Stacey
Senior Sm group w/Jamie		***8:30 -9:25a *Pilates(B)*** Carol		***8:30-9:25a *Pilates(I)*** **Carol**
Power Sculpt Suzanne	**Spin(55)** Bill G	***Pilates(I/A)*** Carol	**Spin(55)** Ann	***Pilates (ADV)*** Carol
	10:45-11:45a *Functional Fitness	***10:30-11:25a *Pilates(I)*** Carol	***10:45-11:45a *Senior Pilates***	***10:30-11:25a *Pilates(B)*** Carol
12-12:45p Spin(45) Julie	11:45-1:30p ***HBC Group Training***	**12- 12:45p Spin(45)** Julie		**12 - 12:45p Spin(45)** Stacey
1-3p Dublin Shamrockettes				
	5:30-6:25p *Pilates(I)* **Carol**		**5:30-6:25p *BodyLine Pilates***	
6 - 6:45p Spin(45) Monica	6:30 - 7:25p ***Pilates(I/A)*** **Carol**	**6:30 - 7:15p Spin(45)** Ellen	6:30 - 7:25p ***Pilates(B)*** **Carol**	
7-8p PowerYoga Loretta		7:30 - 8:25p ***Pilates(B)*** Carol		
	7:45 - 8:40p Spin(55) Richard		**7:45 - 8:40p Spin(55)** Lori	

Saturday	
Studio 1	**Studio 2**
8:15 - 9:10a **Barbell** Kara/Kerry	8:30 - 9:30a **Spin(60)** Lori
9:15 -10:15a **Zumba** Belinda	
10:30-11:30a **Total Body Workout** Renee	

Sunday	
Studio 1	**Studio 2**
	8:30 - 9:30a **Spin(60)** Bill G
2-3:30p *Line Dancing	
	5-6pm *Yoga in Japanese
4:30 - 5:30p **Barbell** Becky	
6-7pm **Zumba** Angie	

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

City of Dublin