

DCRC Fall Group Fitness Classes

Classes Begin Sept. 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	Step Beth	6-6:55a Zumba/Sculpt Vicki	20/20/20 Beth	6-6:55a Barbell Andrea	Cardio Challenge Beth
	Spinning Lauren		Spinning Lauren		Spinning Bill A
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	*TRXpress* Kelly L.	Barbell Kerry	Power Sculpt Suzanne	*Zumba Gold* Vicki	Butts & Guts Suzanne
	PiYo Suzanne		*Pilates (B)* Carol/Shirlee		*Pilates(I)* Carol
9:30- 10:25	Power Sculpt Suzanne	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
	Turbo Kick& Sculpt- Kelly S.	Spinning Bill G	*Pilates(I/A)* Carol/Shirlee	Spinning Ann	*Pilates (A)* Carol
10:30- 11:25	10:45 - 11:40a *Zumba Gold*	*Hatha Yoga* Leslie	*Pilates(I)* Carol/Shirlee	*Hatha Yoga* Leslie	Barbell Sally
	*Mat Pilates Kelly	10:45-11:45a *Funct.Fitness	10:45-11:45 *Senior Yoga*	10:45-11:45a *Sr Pilates*	*Pilates(B)* Carol
12:00- 12:55	Zumba Belinda/Jill	12 - 12:45p SculptXpress Julie	12-12:45p Kick&Core-Joni	Zumba Jill	Barbell Mollie
	12-12:45p Spinning Ann		12-12:45p Spinning Julie	12-12:45p *PilatesXpress Julie	12-12:45p Spinning Julie
		1 - 2p *Fit Board* Angela		1 - 1:55p *Pilates (I) Shirlee	1:05 - 3:05p *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/Kerry	ZUMBA Aubrey
	6 - 6:45p Spinning Monica	*Pilates(I)* Carol		*Slow Flow Pilates* Carol	*Karate/ Self Defense*
6:30- 7:25p	ZUMBA Aubrey	*Hatha Yoga* Leslie	ZUMBA Angie	*Hatha Yoga* Leslie	*Karate/ Self Defense*
		*Pilates (I/A) Carol	6:30 - 7:15p Spinning- Bruce	*Pilates (B)* Carol	
7:35 - 8:30p	7-8p *Power Yoga*	*TRX Intervals* Bruce	7:30 - 8:25p *Pilates (B)	*Zumba for Everyone!*	
	Barbell Kara		*Karate/Self Defense		
7:45 - 8:40p		Spinning Lori		Spinning Lori	

Saturday	Sunday
8:15 - 9:10a Barbell Kara/Kerry	8:30 - 9:30a Spinning BillG
8:30 - 9:25a Spinning Lori/Kate	9 - 9:55a Core&More Kara
9:15 - 10:15a ZUMBA Vicki	9:45 - 11a *Spinning For Weight Loss* Andrea
10:30 - 11:30a Total Body Workout Renee	12:30 - 1:30p Barbell Becky
	12:30 - 2p *Line Dancing*
	5:30 - 6p Zumba Basics 9/16 & 9/30
	6-7pm Zumba Angie

Group Fitness Class Passes:

A class pass is required to participate in any fitness class. Class passes are sold in 4 packages:

10 class pass: \$35 for DCRC members or \$50 for non-members.

20 class pass: \$50 for DCRC members or \$65 for non-members.

Trial Pass: \$8 for a single class

Unlimited Monthly: \$40 for DCRC members or \$50 for non-members.

Using a Group Fitness Pass:

Class slots are on a first-come, first-served basis. Class capacities are determined by equipment used, available space and patron safety. You may sign up for a class 30 minutes beforehand but no later than 10 minutes after the class start time. **First time Spinning participants should arrive at least 5 minutes early to get oriented to the bike.**

1. Buy a Group Fitness pass at the desk.
2. Use your pass to check in at the fitness desk.
3. Receive your class number and give it to the instructor.



Shaded boxes and classes with an (*) are classes that run in sessions and require a separate fee. See a DCRC brochure for class times and fees.

Group Exercise Class Descriptions

All classes require a group fitness pass, trial pass or class registration. See front for details.

Barbell	A class format designed to work each major muscle group using barbells and plates set to motivating music.
	M7:35p TU 8:30a TH 6a, 5:30p FR 10:30a, 12p SA 8:15a SU 12:30p
Butts & Guts	Work on that 6-pack in this toning class that concentrates on strengthening the glutes and abs! FR 8:30a
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 9am
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 workout! TU 12p
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45am
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! M 4:30p, TU 9:30a, 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	Never get bored with this mix of 20 min Step/Bosu, 20 min Kickboxing and 20 min sculpting/abs. TU 5:30p, WE 5:45a, TH 9:30a
Zumba Basics	This 30 minute class will teach you the basic Zumba steps and rhythms, then stay for the Zumba class that follows! SU 5:30p
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

First time spinning participants please arrive 5-10 minutes early to get oriented to the bike.

Spinning	A 40 - 50 minute calorie-burning indoor cycling workout complete with cooldown and stretching.
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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.

*FF/50 Fit Board	Work on strength and balance while using a board similar to a paddle board, but on land! Tu 1p
*Functional Fitness	A fitness class designed for active older adults to build strength, balance and coordination. Tu 10:45a
*Hatha Yoga	Increase flexibility and strength while reducing stress and tension. Tu 10:45a, 6:30p TH 10:45a, 6:30p
*Pilates/*Xpress/*SlowFlow	Use the Pilates Reformer machine to help build balanced strength and flexibility. See brochure for details.
*Power Yoga	A more physically challenging yoga class to develop strength, endurance, flexibility and balance. M 7p
*Senior Yoga & Pilates	Same format as the other classes with modifications for mature patrons. See Brochure for days/times
*Line dancing	Learn fun line dances while keeping in shape. Pay by the class at the DCRC front desk. FR 1:05p Su 12:30p
*Spinning for Weight Loss	An eight week Spinning program designed to help you shed pounds and gain fitness. SU 9:45a
*TRX Intervals	Use the TRX Suspension Trainer and other equipment for a complete cardio and strength workout. TU 7:30p
*TRXpress	A 30 minute workout using only the TRX Suspension Trainer..get in, get out, get fit! M 8:30a & 8:55a
*Yoga in the Afternoon	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba Gold	Dance your self into shape! Slower paced, designed for seniors and those new to Zumba. M10:45a TH 8:30a
*Zumba for Everyone	A Zumba workout with more instruction on the steps and rhythms- you must register for this class. TH 7:30p