

DCRC Group Fitness Classes

Nov 26 - Dec 31, 2012

Fitness Studio 1

	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
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	<i>*Zumba Gold*</i> Vicki	Butts & Guts Suzanne
9:30-10:25	Tubo Kick & Sculpt Kelly	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
10:45-11:40	<i>*Zumba Gold*</i> Vicki	10:35-11:30 <i>*Hatha Yoga*</i> Leslie	<i>*Senior Yoga*</i> Pat	10:35-11:30 <i>*Hatha Yoga*</i> Leslie	10:35 - 11:30 Barbell Sally
12:00-12:55	Zumba Jill	12 - 12:45p SculptXpress Julie	12 - 12:45p Kick&Core Joni	Zumba Jill	Barbell Mollie
	1 - 1:55p <i>*Sm group w/Jill*</i>	1 - 2p <i>*Fit Board*</i> Angela	1 - 1:55p <i>*Sm group w/Jill*</i>	1:15 - 2:15p <i>*Sm group w/Shelley*</i>	1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p <i>*PM Yoga*</i>				
4:30-5:25p	Total Body Workout Elizabeth				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	Barbell Kerry	ZUMBA Aubrey
6:30-7:25p	ZUMBA Aubrey	<i>*Hatha Yoga*</i> Leslie	ZUMBA Angie	<i>*Hatha Yoga*</i> Leslie	<i>*Karate/Self Defense*</i>
7:30 - 8:25p	7:35 - 8:30p Barbell Kara	7:35 - 8:30p Fall Fit! Rotating	<i>*Karate/Self Defense*</i>	<i>*Zumba for Everyone*</i>	

Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Lauren		Spinning Lauren		Spinning Stacey
<i>*Senior Sm group w/Jamie*</i>		8:30 -9:25a <i>*Pilates(B)*</i> Carol	<i>*Senior Sm group w/Jamie*</i>	8:30-9:25a <i>*Pilates(I)*</i> Carol
Power Sculpt Suzanne	Spinning Bill G	<i>*Pilates(I/A)*</i> Carol	Spinning Ann	<i>*Pilates (ADV)*</i> Carol
10:30- 11:15a <i>*Mat Pilates*</i> Kelly	10:45-11:45a <i>*Functional Fitness*</i>	10:30-11:25a <i>*Pilates(I)*</i> Carol	10:45-11:45a <i>*Senior Pilates*</i>	10:30-11:25a <i>*Pilates(B)*</i> Carol
12-12:45p SpinXpress Ann	11:45-1:30p <i>*HBC Group Training*</i>	12- 12:45p SpinXpress Julie	12-12:45p <i>*PilatesXpress*</i> Julie	12 - 12:45p SpinXpress Julie
1-3p <i>*Dublin Shamrockettes*</i>				
	5:30-6:25p <i>*Pilates(I)*</i> Carol		5:30-6:25p <i>*Slow Flow Pilates*</i>	
6 - 6:45p SpinXpress Monica	6:30 - 7:25p <i>*Pilates(I/A)*</i> Carol	6:30 - 7:15p SpinXpress Bruce	6:30 - 7:25p <i>*Pilates(B)*</i> Carol	
7-8p <i>*Power Yoga*</i>		7:30 - 8:25p <i>*Pilates(B)*</i> Carol	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	

Sunday	
Studio 1	Studio 2
9 - 9:55a Core&More Kara	8:30 - 9:30a Spinning Bill G
12:30 - 1:30p Barbell Becky	
2 - 3:30p *Line Dancing*	4:20 - 5:20p <i>*Yoga in Japanese*</i>
5:30-6p Zumba Basics 12/2 & 12/16	
6-7pm 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 6a, 5:30p FR 10:30a, 12p SA 8:15a SU 12:30p	
Butts & Guts	This toning class 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 9a	
Fall Fit!	Different class format each week for you to try! See the bulletin board for class descriptions. TU 7:35p	
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	
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 9:30a	
Zumba Basics	This 30 minute class will help you learn the basic Zumba steps and rhythms, then stay for the Zumba class that follows! 12/2 & 12/16	
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 WE 5:45a TH 9:30a, 7:45p FR 5:45a SA 8:30a SU 8:30a	
SpinXpress	A 45 spin-only class great for a lunchtime workout! M 12p, 6p W 12p, 6:30p FR 12p	
<i>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.</i>		
*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	
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

Andrea Ashley
 Peg Baun
 Monica Blakemore
 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
 Joni Mosby
 Lara Nowak
 Renee Phillips
 Beth Politz
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Kate Szumanski
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young