

Thanksgiving Week Fitness Classes

Nov 19 - 25, 2012

Fitness Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	Step Kelly	6-6:55a Zumba/Sculpt Vicki	20/20/20 Kelly		
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne		Power Sculpt Suzanne
8:30 - 9:25a	PiYo Suzanne	Barbell Kerry	Power Sculpt Suzanne	9 - 10a	Butts & Guts Suzanne
9:30-10:25	Tubo Kick & Sculpt Kelly	Total Body Workout Shelley	Zumba Vicki	20/20/20 Joni	Power Sculpt Suzanne
10:45-11:40					
12:00-12:55	Zumba Jill	12 - 12:45p SculptXpress Julie	12 - 12:45p Kick&Core Joni		Barbell Mollie
4:30-5:25p	Total Body Workout Elizabeth				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Joni	Power Sculpt Suzanne		ZUMBA Aubrey
6:30-7:25p	ZUMBA Aubrey		ZUMBA Angie		
7:30 - 8:25p	7:35 - 8:30p Barbell Kara				

Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Lauren		Spinning Lauren		
			8:30 - 10a "Belly Buster" Spin!! Kate	9 -10a Spinning Stacey
Power Sculpt Suzanne	Spinning Bill G			
12-12:45p SpinXpress Ann		12- 12:45p SpinXpress Julie		12 - 12:45p SpinXpress Lauren
6 - 6:45p SpinXpress Monica		6:30 - 7:15p SpinXpress Bruce		
	7:45 - 8:40p Spinning Lori			

Saturday	
Studio 1	Studio 2
8:15 - 9:10a Barbell Kara	8:30 - 9:30a Spinning Kate
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	
6-7pm Zumba Angie	6-7pm Spinning Lori

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: <i>All Classes require either a Group Fitness pass, trial pass or separate class registration</i>	
Barbell	A NEW class format designed to work each major muscle group using barbells and plates set to motivating music.
Butts & Guts	This toning class concentrates on strengthening the glutes and abs.
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating!
Core & More	A class designed to work your abs and core in new and challenging ways...and more!!
Fall Fit!	Different class format each week for you to try! See the bulletin board for class descriptions.
PiYo	A great combination of Pilates mat work and Yoga stretches and poses.
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment.
SculptXpress	A 45 minute sculpting/strength training class perfect for your lunchtime or morning workout!
Step	A classic, high intensity cardio class using a Step platform and great choreography.
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout!
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises.
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.
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!
Zumba/Sculpt	This class mixes Zumba fitness with sculpting exercises using light weights for an all over workout!
Spinning (Indoor Cycling) Classes: <i>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.</i>	
Spinning	A 40 - 50 minute calorie-burning indoor cycling workout completed with cooldown and stretching.
SpinXpress	A 45 spin-only class great for a lunchtime workout!

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 Giovac
 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