

# DCRC Group Fitness Classes

## 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 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		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	12 - 12:45p Cardio&Core Joni	Zumba Jill	Barbell Mollie
	1 - 1:55p *Sm group w/Jill*	1 - 1:55p *Sm group w/Shelley*	1 - 1:55p *Sat group w/Jill*	1 - 1:55p *Sm group w/Shelley*	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 Aubrey	*Hatha Yoga* Leslie	ZUMBA Angie	*Hatha Yoga* Leslie	*Karate/ Self Defense
7:30 - 8:25p	7:35 - 8:30p Barbell Kara	7:35 - 8:20 Butts & Guts Renee	*Karate/ Self Defense	*Zumba for Everyone*	

# Feb 19 - March 24, 2013

## Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Lauren/Ann		Spinning Lauren		Spinning Stacey
		8:30-9:25a *Pilates(B)* Carol	*Senior Sm group w/Jamie*	8:30-9:25a *Pilates(I)* Carol
*Senior Sm group w/Jamie*		8:30-9:25a *Pilates(B)* Carol	*Senior Sm group w/Jamie*	8:30-9:25a *Pilates(I)* Carol
Power Sculpt Suzanne	Spinning Bill G	*Pilates(IIA)* Carol	Spinning Ann	*Pilates (ADV)* Carol
10:30-11:15a *Mat Pilates Kelly	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 SpinXpress Ann	11:45-1:30p *HBC Group Training*	12-12:45p SpinXpress Julie	12-12:45p *PilatesXpress Julie	12-12:45p SpinXpress Julie
	1:3p *Dublin Shamrockett es*			
	5:30-6:25p *Pilates(I)* Carol			5:30-6:25p *Slow Flow Pilates*
6 - 6:45p SpinXpress Monica	6:30 - 7:25p *Pilates(IIA) Carol	6:30 - 7:15p SpinXpress Bruce/Ellen	6:30 - 7:25p *Pilates(B) Carol	
7-8p *Power Yoga* Loretta				
	7:45 - 8:40p Spinning Richard	7:30 - 8:25p *Pilates(B) 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 Zumba Angie/Belinda	
10:30-11:30a Total Body Workout (in Gym) Renee	

Sunday	
Studio 1	Studio 2
9 - 9:55a Core&More Kara	8:30 - 9:30a Spinning Bill G
	10:30-11:45a *Spin for Weight Loss*
	12:30 - 1:30p Spin & Lift Kate
2-3:30p *Line Dancing	
4 - 5p Barbell Becky	
5:30-6p Zumba Basics 24-Feb	
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

<b>Group Fitness Classes:</b> <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. M7:35p TU 8:30a TH 6a, 5:30p FR 10:35a, 12p SA 8:15a SU 4p
Butts & Guts	This toning class concentrates on strengthening the glutes and abs! TU 7:35p, FR 8:30a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Cardio & Core	A 45 minute workout starting with a variety of cardio exercises and ending with awesome ab/core work. WE12p
Core & More	A class designed to work your abs and core in new and challenging ways...and more!! SU 9a
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 5:45a
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	Mix it up with 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	A 30 min.class to help you learn 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
<b>Spinning (Indoor Cycling) Classes:</b> <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. 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
SpinXpress	A 45 spin-only class great for a lunchtime workout! M 12p, 6p W 12p, 6:30p FR 12p
Spin & Lift	A great combination of 30-40 minutes of Spinning ending with weight training and ab work. SU 12:30p
<b>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 <a href="http://www.dublin.oh.us">www.dublin.oh.us</a> for class descriptions, class schedules, and fees.</b>	
*Mat Pilates	Strengthen your core/abdominal muscles with this class done on the mat-no machine required! M 10:35a
*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 10:35a, 6:30p TH 10:35a, 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 7p
*Senior Yoga and Pilates	Same format as the other classes with appropriate modifications for mature patrons. See Brochure for days/times
*Spinning for Weight Loss	An 8 week Spinning class that incorporates exercise and healthy habits to aid in weight loss. SU 10:30a
Line dancing	Learn some fun line dances while keeping in shape. Pay by the class at the DCRC front desk.
*Yoga in the PM	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba for Any Body	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a TH 8:30a
*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  
 Leslie Gabbard  
 Katie Georgenson  
 Ellen Georgeoff  
 Sally Gill  
 Lauren Glover  
 Bill Guthery  
 Belinda Gutierrez  
 Angie Hise  
 Richard Johnson  
 Elizabeth Katsares  
 Carol Laymon  
 JoAnn McDaniel  
 Bruce McVeety  
 Joni Mosby  
 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  
 Loretta Zedella