

# DCRC Group Fitness Classes

## Fitness Studio 1

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

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



# Classes begin Saturday June 1, 2013

## Fitness Studio 2

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

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

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

## Group Exercise Class Descriptions

**Group Fitness Classes:** *All Classes require either a Group Fitness pass, trial pass or separate class registration.*

|                     |   |
|---------------------|---|
| Barbell             | A strength building class designed to work each major muscle group using barbells and plates set to motivating music.<br>M7:35p TU 8:30a, W 12p, TH 5:45a, 5:30p FR 10:35a, 12p SA 8:15a SU 4:30p |
| 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   |
| Core & More         | A class designed to work your abs and core in new and challenging ways...and more!! TU 5:45a  |
| 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.<br>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               | This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape!<br>M 12p, 6:30p WE 9:30a, 6:30p, TH 12p, FR 5:30p, SA 9:15a, SU 6pm                    |

**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 (45, 55, 60) | A 45 - 60 minute calorie-burning indoor cycling workout completed with cooldown and stretching.<br>M 5:45a, 12p, 6p TU 9:30a, 7:45p WE 5:45a, 12p, 6:30p TH 9:30a, 7:45p FR 5:45a, 12p SA 8:30a SU 8:30a |
|-----------------------|--|

*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](http://www.dublin.oh.us) for class descriptions, class schedules, and fees.*

|                          |   |
|--------------------------|---|
| *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                       |
| 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                        |
| *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 Poppel  
 Patti DelCiello  
 Jill D'Ooge  
 Vicki Federico  
 Jamie Friday  
 Leslie Gabbard  
 Ellen Georgeoff  
 Sally Gill  
 Lauren Glovac  
 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 Wolfé  
 Ann Young  
 Loretta Zedella