

Spring Break March 22-30, 2014

Fitness Studio 1

	Mon 3/24	Tues 3/25	Wed 3/26	Thur 3/27	Fri 3/28
5:45 - 6:40a		Core & More Andrea	20/20/20 Beth	Barbell Ann	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	HIIT Maria	Barbell Mollie	Power Sculpt Suzanne		Butts & Guts Suzanne
9:30-10:25	Kickbox & Sculpt Shelley	Total Body Workout Shelley	Zumba Jill	Cardio Challenge Elizabeth	Power Sculpt Suzanne
10:45-11:40			*Senior Yoga* Pat		10:35 - 11:30 Barbell Sally
12:00-12:55	12 - 12:45p Butts&Guts Renee	Zumba Jill	Barbell Sally	Zumba Jill	Barbell Mollie
					1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p *PM Yoga*				
5:30 - 6:25p	Power Sculpt Suzanne	5:45 - 6:40p Total Body Workout Becky	Power Sculpt Suzanne	5:45-6:40pm INSANITY Maria	
6:30-7:25p	ZUMBA Vicki	6:45-7:40pm	ZUMBA Belinda		*Karate/ Self Defense
7:30 - 8:25p	7:35 - 8:30 Barbell Becky	Hip Hop Hustle Amanda	*Karate/ Self Defense		

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



DCRC Group Fitness Classes

Fitness Studio 2

	Mon 3/24	Tues 3/25	Wed 3/26	Thur 3/27	Fri 3/28
	Spin(55) Lauren		Spin(55) Stacey		Spin(55) Lauren
	PiYo Suzanne				9:15- 10:00a Spin(45) Amanda T
	Power Sculpt Suzanne	Spin(55) Bill		Spin(55) Ann	
	12-12:45p Spin(45) Julie		12- 12:45p Spin(45) Julie		12 - 12:45p Spin(45) Richard
	1-3p *Dublin Shamrockettes*				
	6 - 6:55p Spin(55) Lori		6:30 - 7:15p Spin(45) Nina		
	7:45 - 8:40p Spin(55) Kelly			7:45 - 8:40p Spin(55) Lori	

Saturday 3/22 & 3/29	
Studio 1	Studio 2
8:15 - 9:10a Barbell Becky/Sally	8:30 - 9:30a Spin(60) Lori
9:15 - 10:15a Zumba Belinda	
10:30-11:30a Total Body Workout Renee	

Sunday 3/23 & 3/30	
Studio 1	Studio 2
8:30-9:15am Core&More Julie	8:30 - 9:30a Spin(60) Bill
2-3:30p *Line Dancing	
4:30 - 5:30p Barbell Becky	
6-7pm Zumba Aubrey	

