DCRC Group Fitness Classes

Spring Schedule begins March 31,2014

Fitness Studio 1

	Mon	Tues	Wed	Thur	Fri
5:45 - 6:40a	**Step** Beth	**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** Kerry	**Power Sculpt** Suzanne	***Barre Workout*** Carol	**Sweat, Strength & Stretch** Suzanne
9:30-10:25	**Turbo Kick &Sculpt** Kelly S	**Total Body Workout** Shelley	**Zumba** Jill	**20/20/20** Kerry	**Power Sculpt** Suzanne
10:35-11:30	***10:45-11:45*** ***Zumba 4 Anybody**** *Leslie*	***Hatha Yoga**** *Leslie*	***10:45-11:45*** ***Sr Yoga**** *Pat*	***Hatha Yoga**** *Leslie*	**Barbell** Sally
12:00-12:55	**Butts, Guts & More** Kerry	**Zumba** Jill	**Barbell** Ann/Sally	**Zumba** Jill/Vicki	**Barbell** Mollie
					1:05 - 3:05p ***Line Dancing***
	2:30 - 3:30p ***PM Yoga***				
			4:30 - 5:10p ***Zumba Kids***		
5:30 - 6:25p	**Power Sculpt** Suzanne	**20/20/20** Kerry	**Power Sculpt** Suzanne	**5:40 -6:25** **Cardio&Core** Maria	**ZUMBA** Amanda
6:30-7:25p	**ZUMBA** Vicki	***Hatha Yoga**** *Leslie*	**ZUMBA** Belinda	***Hatha Yoga**** *Leslie*	***Karate/ Self Defense***
7:35-8:30p	**Barbell** Becky	**Total Body Workout** Renee	***Karate/ Self Defense***	***Zumba for Everyone**** *Hilary*	

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

City of Dublin

Fitness Studio 2

Mon	Tues	Wed	Thur	Fri
Spin(55) Ann/Lauren		**Spin(55)** Lauren		**Spin(55)** Stacey
PiYo Suzanne		***Pilates(B)**** *Carol*		***Pilates(I)**** *Carol*
Power Sculpt Suzanne	**Spin(55)** Bill	***Pilates(I/A)**** *Carol*	**Spin(55)** Ann	***Pilates(A)**** *Carol*
10:35-11:30 **Hard Core** Kelly S	***10:45-11:45*** ***Functional Fitness****	***Pilates(I)**** *Carol*	***10:45-11:45*** ***Functional Fitness****	***Pilates(B)**** *Carol*
12-12:45p **Spin(45)** Julie	***Pilates Express**** *Julie*	**12- 12:45p** **Spin(45)** Julie	***Pilates Express**** *Julie*	**12 - 12:45p** **Spin(45)** Richard
1-3p ***Dublin Shamrockettes****				
	5:30 - 6:25p ***Pilates(I)**** *Carol*		***5:30 -6:25p*** ***Pilates(B)**** *Carol*	
6 - 6:45p **Spin(55)** Lori		**6:30 - 7:15p** **Spin(45)** Laurie		
7 - 7:55p ***Barre Workout**** *Carol*	***6:30 - 7:25p*** ***Pilates(I/A)*** *Carol*		***6:30 - 7:25p*** ***Pilates(I)**** Carol	
	7:45 - 8:40p **Spin(55)** Kelly		**7:45 - 8:40p** **Spin(55)** Lori	

Saturday

Studio 1	Studio 2
8:15 - 9:10a **Barbell** Kerry	8:30 - 9:30a **Spin(60)** Lori
9:15 -10:15a **Zumba** Belinda	
10:30-11:30a **Total Body Workout** Renee	

Sunday

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	

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.
	M7:35p TU 8:30a, W 12p, TH 5:45a FR 10:35a, 12p SA 8:15a SU 4:30p
Butts,Guts & More	Focus on working the lower 1/2 of the body and creating a strong core..plus a little more! M 12pm
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Cardio & Core	Much like the cardio challenge, but add in some core work for a complete workout! TH 5:40p
Core & More	A class designed to work your abs and core in new and challenging ways…and more!! TU 5:45a, SU 8:30a
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
Hard Core	Challenge your core like never before! Focus on Core strength, stability and balance. M 10:35a
HIIT	High Intensity Interval Training - short, intense cardio intervals followed up with abdominal work. M 8:30am
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Sweat, Strength and Stretch	Mix a bit of Cardio training, with some strength/weight work and finish with a relaxing stretch. FR 8:30am
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! TU 9:30a & 7:35p, 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!
	M 6:30p, TU 12p, 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.
	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 for class descriptions, class schedules, and fees.

Barre Workout	Get in shape using Ballet inspired moves that will tone your entire body. M7p & TH 8:30a
*Functional Fitness	A class designed for active older adults to build strength, balance and coordination. Tu 10:45a & TH 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.
Senior Yoga	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
Julie Borghese
Kelly Butler
Laurie Collins
Maria Cramer-Kirkpatrick
Jill D'Ooge
Vicki Federico
Hilary Frambes
Leslie Gabbard
Sally Gill
Lauren Glovac
Bill Guthery
Belinda Gutierrez
Jori Hindley
Angie Hise
Richard Johnson
Elizabeth Katsares
Carol Laymon
JoAnn McDaniel
Amanda Messmer
Nina Passen
Renee Phillips
Beth Politz
Aubrey Poppel
Becky Riger
Kara Schooley
Kerry Sobieski
Mollie Steiner
Kelly Stone
Lisa Strickland
Amanda Turner
Suzanne Walker
Shelley Ware
Stacey Wellman
Lori Wolfe
Ann Young
Loretta Zedella