

Summer Schedule July 5th - Aug 22

Fitness Studio 1

	Mon	Tues	Wed	Thur	Fri
5:45 - 6:40a	Step Beth	Total Toning Ann D	20/20/20 Beth	Barbell Ann Y	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a		Barbell Kerry	Power Sculpt Suzanne	Barbell Kerry	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*	*Hatha Yoga* Leslie	10:45-11:45 *Sr Yoga* Pat	*Hatha Yoga* Leslie	Barbell Sally
12:00-12:55	Total Toning Nicole	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	TurboKick&Abs Ann R	ZUMBA Amanda
6:30-7:25p	ZUMBA Vicki	*Hatha Yoga* Leslie	ZUMBA Belinda	*Hatha Yoga* Leslie	*Karate/ Self Defense
7:35-8:30p	Muscle Max Madison	Total Body Workout Renee	*Karate/ Self Defense	*Barre Workout* Carol	

DCRC Group Fitness Classes

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 Y	*Pilates(A)* Carol
		10:45-11:45 *Functional Fitness*	*Pilates(I)* Carol	10:45-11:45 *Functional Fitness*	*Pilates(B)* Carol
	12-12:45p Spin(45) Julie	*Sm Group training Sally	12- 12:45p Spin(45) Julie	*Sm Group Training Sally	
	1-3p *Dublin Shamrockettes*				
	6 - 6:45p Spin(45) Lori	5:30 - 6:25p *Pilates(I)* Carol	6:30 - 7:15p Spin(45) Laurie	5:30 - 6:25p *Pilates(B)* Carol	
	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 Kara/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
11:45 - 12:45 *Beg Line Dance	
2-3:30p * Int.Line Dancing	
4:30 - 5:30p Barbell Becky	
6-7pm Zumba Emilyjo	

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: 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. TU 8:30a, W 12p, TH 5:45a, 8:30a FR 10:35a, 12p SA 8:15a SU 4:30p
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!! 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
HIIT	High Intensity Interval Training - short, intense cardio intervals followed up with abdominal work. M 8:30am
Muscle Max	A total body strength class that focuses on small and large muscle groups using a variety of equipment. M7:35p
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 cardio challenge of kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises. M9:30a
Turbo Kick & Abs	A 45 minute Turbo Kick workout ending with abs and a stretch. TH 5:40p
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises. M 12p, TU 5:45a
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 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 7:35p
*Functional Fitness	A class designed for active older adults to build strength, balance and coordination. Tu & 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. Fr 1:05p, SU 11:45a & 2p
*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

Instructors

Andrea Ashley
 Julie Borghese
 Laurie Collins
 Maria Cramer-KirkPatrick
 Jill D'Ooge
 Ann Duffy
 Vicki Federico
 Hilary Frambes
 Leslie Gabbard
 Sally Gill
 Lauren Glovac
 Bill Guthery
 Belinda Gutierrez
 Jori Hindley
 Angie Hise
 Richard Johnson
 Elizabeth Katsares
 Nicole Koster
 Carol Laymon
 Emilyjo Levy
 JoAnn McDaniel
 Amanda Messmer
 Madison Mullen
 Sonia Murphy
 Nina Passen
 Renee Phillips
 Beth Politz
 Kelly Rauch
 Ann Riepenhoff
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Amanda Turner
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young
 Loretta Zedella