

DCRC Group Fitness

September 2 - Oct 31, 2014

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	Core & Stretch Suzanne	Power Sculpt Suzanne	Core & Stretch Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	Core & Stretch Suzanne	Barbell Kerry	Power Sculpt Suzanne	Barbell Kerry	Step and Sculpt Suzanne
9:30-10:25	Turbo Kick &Sculpt Kelly S	Total Body Workout Shelley	Zumba Hilary	20/20/20 Kerry	Power Sculpt Suzanne
10:35-11:30	10:45-11:45 * Zumba Lite*	*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 Vicki	Barbell Mollie
					1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p *PM Yoga*				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	Total Body Workout Maria	ZUMBA Amanda
6:30-7:25p	ZUMBA Vicki	*Hatha Yoga* Leslie	ZUMBA Belinda	*Hatha Yoga* Leslie	*Karate/ Self Defense
7:35-8:30p	Core & More Kara	Total Body Workout Renee	* Karate/ Self Defense	*Zumba Lite* Hilary	

Fitness Studio 2

	Mon	Tues	Wed	Thur	Fri
	Spin(55) Ann/Lauren		Spin(55) Lauren		Spin(55) Stacey
			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	*Pilates Express* Julie	12- 12:45p Spin(45) Julie	* Pilates Express* Julie	
	1-3p *Dublin Shamrockettes*				
			5:15 - 6:00p *Zumba Kids* Chauntel	5:30 -6:25p *Pilates(B)* Carol	
	5:30 - 6:25p *Pilates(I)* Carol				
	6:30 - 7:25p *Pilates(I/A) Carol	7 - 7:45p Spin (45) Kelly R	6:30 - 7:15p Spin(45) Ann D	6:30 - 7:25p *Pilates(I)* Carol	
	7:40 - 8:30p Spin(50) Kelly R/Lori		7:30 -8:30p *Teen Yoga* Loretta	7:40 - 8:30p Spin(50) 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
	10 - 11a * Spinning for Weight Loss* Bill
11:45 - 12:45 *Beg Line Dance	
2-3:30p * Int Line Dance*	
4:30 - 5:30p Barbell Becky	
6-7pm Dance Fusion starts 9/14 Sonia	

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	
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses. M 8:30a, TU 7:30a, TH 7:30a
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, M 7:35p
Dance Fusion	A dance fitness class blending a variety of dance styles from hip hop to Latin to Bollywood! SU 6p
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
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Step and Sculpt	Old school step choreography for cardio followed by sculpting exercises. FR 8:30a
Total Body Workout	Challenge yourself with this athletic based cardio & strength class. TU 9:30a & 7:35p, TH 5:30p 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
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
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, 7:40p TU 9:30a, 7:00p WE 5:45a, 12p, 6:30p TH 9:30a, 7:40p FR 5:45a SA 8:30a SU 8:30a
Spinning for Weight Loss	An eight week program designed to help you lose weight & get in shape through spinning (separate sign up required). Su 10a
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. TU 6:30p, TH 10:35a in Classroom C
*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
Teen Yoga	A yoga class especially designed for Teens ages 13-18. W 7:30p
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 Lite	Dance your self into shape! A little slower paced for those new to Zumba or who want lower impact. M10:45a, Th 7:30p
Zumba Kids	A Zumba class for kids ages 5-10. Special songs and choreography just for kids! W 5:15p

Instructors

Andrea Ashley
 Julie Borghese
 Terry Carano
 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
 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