

DCRC GROUP FITNESS SCHEDULE:

Spring classes begin March 23



All classes require either a Group Fitness pass, trial pass or separate registration. *Classes denoted with a (*) require additional fees and registration.*
 Check the DCRC brochure or www.dublinohioUSA.gov for descriptions, schedules and fees. Most classes take place in fitness studio(1),studio(2)or classroom (C).

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:40am	Step - Beth(1) Spinning 55 - Ann Y(2)	Total Toning - Ann D(1)	20/20/20 - Beth(1) Spinning 55 - Lauren(2)	Barbell - Mollie(1)	CardioChallenge - Beth(1) Spinning 55 - Stacey(2)	8:15-9:10am Barbell - Kara(1)	
7:30-8:25am	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	8:30-9:30am Spinning 60 - Bill(2)
8:30-9:25am	Strength/Cardio Mix - Suzanne(1)	8-9am *PilatesINT- Andrea(2) Barbell - Kerry(1)	PowerSculpt - Suzanne(1) *Pilates BEG - Carol(2)	Barbell - Kerry(1)	Step&Sculpt-Suzanne(1) *Pilates INT - Carol(2)	9:15-10:15am Zumba - Belinda(1)	9:00 -10:00am Barbell - Becky(1)
9:30-10:25am	Kick & Sculpt - Kelly(1) PowerSculpt - Suzanne(2)	Total Body - Shelley(1) Spinning 55 - Bill(2)	Zumba - Hilary(1) *Pilates Int/Adv - Carol(2) *BodyBlast - Shelley(GYM)	20/20/20 - Kerry (1) Spinning 55-Ann(2)	Zumba - Jill(1) *Pilates ADV - Carol(2) PowerSculpt -Suzanne (A)	10:30-11:30am Total Body - Renee(1)	
10:35 - 11:30am	*Fitness Pilates MAT- Kelly(2)	* Hatha Yoga -Leslie(1)	*Pilates INT - Carol(2) *HIIT 45 - Kelly (C)	*Hatha Yoga -Leslie(1) *Barre -Carol(C)	Barbell - Sally(1) *Pilates BEG - Carol (2)		
10:45 - 11:45am	*Zumba Lite - Vicki(1)	*Functional Fitness - Sally(2)	*Senior Yoga - Pat(1)	*Functional Fitness - Sally(2)			
12:00-12:55pm	Total Toning - Nicole(1) Spinning 45 - Julie(2)	Zumba - Jill(1) Cycle Circuit-Sally(2)	Barbell - Ann/Sally(1) Spinning 45 - Julie(2)	Zumba - Vicki(1)	Barbell - Ann (1) *Pilates Express - Peg(2)		11:45 - 12:45p *Line Dance BEG(1)
	1 - 3pm *Shamrockettes(2)			1:30 - 2:25pm *Gentle Pilates- Andrea(2)	1:05 - 3:05pm *Line Dancing		
	2:30-3:30p *Yoga in the Afternoon(1)	3:30 - 4:15 *Teen Strength&Condition(1)	5:15 -6:00p *Zumba Kids(2)	3:30 - 4:15 *Teen Strength&Condition(1)			2:00-3:30p *Line Dance INT (1)
5:30-6:25pm	PowerSculpt-Suzanne(1) *Pilates INT - Peg(2)	20/20/20 - Kerry(1)	PowerSculpt - Suzanne(1)	Total Body - Maria(1) *Pilates BEG - Carol(2)	Zumba - Various(1)		
6:30-7:25pm	Zumba - Vicki(1) *Pilates INT/ADV -Peg(2)	6:15-7:10 *Barre- Carol(2) *Hatha Yoga- Leslie(1)	Zumba - Belinda(1) Spinning 45 - Nina(2)	*Hatha Yoga- Leslie(1) *Pilates INT - Carol(2)	*Karate(1)		6:00-7:00pm Dance Fusion - Sonia(1)
7:30-8:25pm	*Power Yoga -Loretta(1) 7:40-8:30p Spinning 50-Kelly/Lori(2)	Total Body - Renee(1) Spinning 45-Kelly(2)	*Karate(1)	*Ballroom Dancing(1) 7:40 - 8:30pm Spinning-Lori(2)	*Karate(1)		

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 9:00a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses. TU 7:30a TH 7:30a
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder! TU 12p
Dance Fusion	A dance fitness class blending a variety of dance styles from hip hop to Latin to Bollywood! Su 6p
Kick & Sculpt	A cardio challenge of kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises. M9:30a
PowerSculpt	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
Strength/Cardio Mix	Start with cardio using a step, jump rope or other equipment followed by strengthening exercises using weights. M 8:30a
Total Body	Challenge yourself with this athletic based cardio & strength class. TU 9:30a & 7:30p, TH 5:30p SA 10:30a
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 9:30a, 5:30p SA 9:15a
Spinning (Indoor Cycling) Classes: <i>New Participants please arrive 5-10 minutes early!</i>	
Use your Group Fitness Pass or trial pass. Please bring water and a towel to class.	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching. M 5:45a, 12p, 7:40p TU 9:30a, 7:30p WE 5:45a, 12p,6:30p TH 9:30a,7:40p FR 5:45a SA 8:30a SU 8:30a
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder! TU 12p
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*Barre workout	Using movements from ballet and dance, sculpt your body and firm up. TU 6:15p, TH 10:35a
*Body Blast	A boot camp style class held in the gym. WE 9:30am
*Fitness Pilates - MAT	Strengthen your core while improving posture and balance. M10:35a
*Functional Fitness	A low impact class to improve cardio vascular health and increase muscle. TU 10:45a TH 10:45a
*Hatha Yoga	Increase mind/body awareness and improve overall well being in this Yoga class. TU 10:35a, 6:30p TH 10:35a, 6:30p
*HIIT	A physically intense class using High Intensity Interval training and Tabata techniques to help you get in shape! WE 10:30a
*Pilates (BEG, INT & ADV)	Using the reformer machine, strengthen and lengthen your muscles while improving core strength. Various days/times
*Power Yoga	An invigorating Yoga class using flowing poses to release tension and build strength. M 7:30p. TH 7p(Senior Lounge)
*Teen Strength&Condition	For teens only: learn weight lifting techniques and various exercises to get in shape and build muscle. TU 3:30p TH 3:30p
*Zumba Kids	A fun dance fitness class designed specifically for kids! WE 5:15p
*Zumba Lite	An easy to follow dance fitness class with a low impact design and a bit slower paced. M 10:45a