

July 5 - July 31 GROUP FITNESS SCHEDULE

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
5:45-6:40a	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)	
7:30-8:25a	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	Step/Strength/Stretch - 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)
8:00 - 9:00a		*Pilates INT - Andrea(2)					
8:30-9:25a	Step&Sculpt - Suzanne(1) Butts&Guts(45m)- Kelly(2)	Barbell - Kerry(1)	PowerSculpt - Suzanne(1)	Barbell - Kerry(1)	Step&Sculpt-Suzanne(1) *Pilates INT - Andrea(2) HIIT(45m) - Kelly (C)	9:15-10:15am Zumba- Colleen(1)	9:00 -10:00am Barbell - Becky(1)
9:30-10:25a	Kick&Sculpt- Kelly(1) PowerSculpt - Suzanne(2)	Total Body - Shelley(1) Spinning 55 - Bill(2)	Zumba - Hilary(1) *Pilates Int/Adv -Suzanne(2) *BodyBlas t -Shelley(GYM)	20/20/20 - Kerry (1) Spinning 55-Ann(2)	Zumba - Jill(1) *Pilates ADV - Andrea(2) PowerSculpt-Suzanne(C)	10:30-11:30am Total Body - Renee(1)	
10:35 - 11:30a		*Hatha Yoga -Leslie(1)	*Pilates INT - Suzanne(2)	*Hatha Yoga -Leslie(1)	Barbell - Sally(1) *Pilates BEG - Andrea (2)		
10:45 - 11:45a	*Zumba Lite - Vicki(1)	*Functional Fitness - Sally(2)	*Senior Yoga - Pat(1)	*Functional Fitness - Sally(2)			
12-12:55p	Total Toning 45 -Elizabeth(1) Spinning 45 - Kim(2)	Zumba - Jill(1) Cycle Circuit-Sally(2)	Barbell - Ann/Sally(1) Spinning 45 - Kim(2)	Zumba - Vicki(1)	Barbell - Ann (1)		11:45 - 12:45p *Line Dance BEG (1)
	1 - 3pm *Shamrockettes(2)				1:05 - 3:05pm *Line Dancing		
	2:30-3:30p *Yoga in the Afternoon(1)						2:00-3:30p *Line Dance INT (1)
5:30-6:25p	PowerSculpt-Suzanne(1)	Step & Barbell - Kara(1) *Pilates INT - Andrea(2)	PowerSculpt - Suzanne(1)	Total Body - Maria(1)	7/10 & 7/24 - Belly Dance Body Fitness (use your pass)		
6:30-7:25p	Zumba - Vicki(1) *Pilates INT-Suzanne (2)	*Hatha Yoga -Leslie(1)	Zumba - Colleen (1) Spinning 45 - Shelby(2)	*Hatha Yoga -Leslie(1)	*Karate(1)		6:00-7:00pm Dance Fusion - Sonia(1)
7 - 7:45p		Spinning 45 - Jenna(2)					
7:30-8:25p	*Power Yoga -Loretta(1)	Total Body - Renee(1)	*Karate(1)	*Ballroom Dancing(1)	*Karate(1)		
7:45-8:30p	Spinning 45 - Lori(2)			Spinning 45 - Lori(2)			

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
Belly Dance Body Fitness	Come try this NEW dance fitness class using belly dancing moves to give your core and other muscles a fun and challenging workout! Friday 6/19@ 5:30pm
Butts & Guts	A 45 minute glute, leg and ab workout geared to strengthen and define the muscles of the lower body and core. M8:30am
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
HIIT	A physically intense class using High Intensity Interval training and Tabata techniques to help you get in shape! FR 8:30 in classroom C
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 (ex: weights, bars, balls, tubes) M 7:30a, 9:30a, 5:30p WE 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 & Barbell	This half and half class will use the step for your cardio and finish up with strength building using the Barbells and plates. Tu 5:30pm
Step & Sculpt	Old school step choreography for cardio followed by sculpting exercises. M 8:30a FR 8:30a
Step/Strength/Stretch	Start with cardio using a step, followed by strengthening exercises and finish with abs and a stretch. W7:30am
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. WE 5:45a TH 9:30a
Zumba	This dance fitness class uses Latin and international rhythms to get you moving and smiling as you get in shape! M 6:30p, TU 12p, WE 9:30a,6:30p TH 12p FR 9:30a 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, 7:45p TU 9:30a, 7:00p WE 5:45a, 12p,6:30p TH 9:30a,7:45p 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
Classes with (*) require special registration and Fees. Check the DCRC brochure or www.dublinohiousa.gov for information.	
*Barre workout	Using movements from ballet and dance, sculpt your body and firm up. TU 6:15p, TH 10:35a In classroom C
* Body Blast	A boot camp style class held in the gym. WE 9:30am
*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
*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
*Senior Yoga	A relaxing Yoga class geared especially for those 50 and up.W10:45a
*Zumba Lite	An easy to follow dance fitness class with a low impact design and a bit slower paced. M 10:45a