

Spring Break 2016 Group Fitness Schedule: March 21-27

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 3/21	TUESDAY 3/22	WEDNESDAY 3/23	THURSDAY 3/24	FRIDAY 3/25	SATURDAY 3/26	SUNDAY 3/27
5:45-6:40a	Cardio Challenge - Andrea(1) Spinning 55 - Ann Y(2)	Total Toning - Ann D(1)	Step and Sculpt - Suzanne(1) Spinning - Lauren(2)	Pure Strength & Abs- Ann D(1)	Total Body -Kara (1) Spinning - Stacey(2)	8:15-9:10am Barbell - Kara(1)	DCRC Closed for Easter
7:30-8:25a	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	Step & Sculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	
8:30-9:25a	Cardio/Sculpt- Suzanne(1)	Barbell - Ann(1)	PowerSculpt - Suzanne(1)	Barbell - Kerry(1)	Cardio/Sculpt-Suzanne(1)	9:15-10:15am Zumba- Colleen(1)	
9:30-10:25a	Kick&Sculpt-Kerry(1) PowerSculpt - Suzanne(2)	Total Body - Shelley(1) Spinning -Kim(2)	REFIT(dance fit) - Jen(1)	20/20/20 - Kerry (1) Spinning 55-Ann Y(2)	REFIT(dance fit) - Jen(1)		
10:35 - 11:30a					Barbell -Kara(1)		
10:45 - 11:45a			*Senior Yoga (1)				
12-12:55p	Zumba - Shelley (1) Spinning 45 -Julie(2)	Butts & Guts45- Sally(1)	Barbell - Kerry(1) Spinning 45 -Kim(2)	Zumba - Shelley(1)	Barbell - Ann (1)		
	1 - 3pm *Shamrockettes(2)				1:05 - 3:05pm *Line Dancing (1)		
	2:30-3:30p *Yoga in the Afternoon(1)						
4:30-5:25p	Barbell - Sally(1)						
5:30-6:25p	PowerSculpt-Suzanne(1)	Step & Barbell - Kara(1)	PowerSculpt - Suzanne(1) Spin & Abs - Kim(2)	Total Body Workout - Kara (1)	Zumba - Cindy (1)		
6:30-7:25p	Zumba -Vicki(1)		Zumba - Colleen (1)				
			6:45 - 7:30pm Spinning 45 - Abby(2)				
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.
Belly Dance Fitness	Come try this dance fitness class using belly dancing moves to give your core and other muscles a fun and challenging workout!
Butts & Guts	A 45 minute workout to target the core and glutes.
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating!
Cardio/Sculpt	A variety of equipment (step, Jump rope, BOSU, Ball etc) add to the fun of blending cardio, strength and core training.
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses.
Kick & Sculpt	Kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises.
PowerSculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment (ex: weights, bars, balls, tubes)
REFIT(dance fit)	An exhilarating dance fitness class with rockin' rhythms and heart pumping cardio, toning, flexibility and stretching. Any fitness level welcome!
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.
Step & Sculpt	In this class you will get some cardio training using the Step platform and finish with sculpting exercises to tone up and build muscle.
Total Body	Challenge yourself with this athletic based cardio & strength class.
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises.
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs.
Zumba	This dance fitness class uses Latin and international rhythms to get you moving and smiling as you get in shape!
Spinning classes: Please bring water and a towel to class. New Spinning participants should arrive 5-10 minutes before class time to get oriented to the bike.	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching.
Spin & Abs	A 40 minute Spin workout followed up with 15 minutes of ab exercises and a stretch.
Classes with (*) require special registration and Fees. Check the DCRC brochure or www.dublinhiousa.gov for information.	
*Senior Yoga	A relaxing Yoga class geared especially for those 50 and up.
* Yoga in the Afternoon	Take a break in your day to rejuvenate and re-energize.

Special Notes: The classes at the DCRC are designed to be safe and challenging. Please remember these guidelines:

You will not be permitted to enter class more than 10 minutes after the class start time. It places your safety at risk and is disruptive to others if you come in late or leave early.

If you are new to any class, especially Spinning, please arrive 5-10 minutes early. Bring water to every class, a towel is also needed for Spinning classes.

Class schedules are strongly based on attendance. Any class that falls below 8 participants 4 weeks in a row may be removed from the schedule.