

# FALL 2016 Walk-in GROUP FITNESS SCHEDULE - Begins Sept. 6

All classes require either a Group Fitness pass, trial pass or trial pass. All 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 D(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 & Sculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	8:30-9:30am Spin 55-Andrea(2)
8:30-9:25a	Cardio/Sculpt-Suzanne(1)	Barbell - Ann Y(1)	PowerSculpt - Suzanne(1)	Barbell - Sally(1)	PowerSculpt-Suzanne(1)	9:15-10:15am Zumba-Colleen(1)	9:00 -10:00am Barbell - Vicki/Hikari(1)
9:30-10:25a	Kick&Sculpt- Sara(1) PowerSculpt - Suzanne(C)	Tabata - Shelley(1) Spinning 55 -Stacey(2)	Zumba - Hilary(1)	Zumba - Shelley (1) Spinning 55-Ann Y(2)	REFIT - Jen(1)		10:30-11:30 Zumba Jenna(1)
10:35 - 11:30a					Barbell - Sally(1)	10:30-11:30 Total Body-Renee(1)	
10:45 - 11:45a							
11:45-12:40p					Total Body - Maria(1)		
12-12:55p	Zumba-Hilary(1) Spinning 45 - Julie(2) Tabata-Elizabeth(C)	Butts & Guts- Sally(C)	Barbell - Sally(1) Spinning 45 - Elizabeth(2)	Total Body - Elizabeth(1)			
4:30-5:25p	Barbell - Ann Y (1)						
5:30-6:25p	PowerSculpt-Suzanne(1)	Step & Barbell - Kara(1)	20/20/20 - Hikari(1) PowerSculpt - Suzanne(C)	Turbokick - Sara(1)	Zumba - Cindy (1)		5:00-6:00PM Dance Blast Sonia(1)
6:30-7:25p	Zumba - Jenna(1)	-	Zumba - Colleen (1)		Zumba - Hikari(1)		
7:30-8:25p			Total Body- Renee(2)				
7:45-8:30p	Spinning 45 - Lori(2)			Spinning 45 - Lori(2)			
8:00-9:00							

<b>Group Exercise Class Descriptions:</b>	
<b>Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration.</b>	
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
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!
Butts & Guts	A 45 minute glute, leg and ab workout geared to strengthen and define the muscles of the lower body and core.
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating!
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!
Dance Fusion	A dance fitness class blending a variety of dance styles from hip hop to Latin to Bollywood!
HIIT	A physically intense class using High Intensity Interval training and Tabata techniques to help you get in shape!
Kick & Sculpt	A cardio challenge of 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	A dance fitness class designed for every body, regardless of age, shape, size or ability.
Step	A classic, high intensity cardio class using a Step platform and great choreography.
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	Old school step choreography for cardio followed by sculpting exercises.
Step/Strength/Stretch	Start with cardio using a step, followed by strengthening exercises and finish with abs and a stretch.
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!
Turbokick	A cardio challenge of kickboxing & dance moves set to high energy music.
<b>Spinning (Indoor Cycling) Classes: <i>New Participants please arrive 5-10 minutes early!</i></b>	
<b>Use your Group Fitness Pass or trial pass. Please bring water and a towel to class.</b>	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!
<b>Classes with (*) require special registration and Fees. Check the DCRC brochure or <a href="http://www.dublinhousa.gov">www.dublinhousa.gov</a> for information.</b>	
*Barre workout	Using movements from ballet and dance, sculpt your body and firm up.
* Body Blast	A boot camp style class held in the gym.
*Functional Fitness	A low impact class to improve cardio vascular health and increase muscle.
*Hatha Yoga	Increase mind/body awareness and improve overall well being in this Yoga class.
*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.
*Senior Yoga	A relaxing Yoga class geared especially for those 50 and up.
*Zumba Lite	An easy to follow dance fitness class with a low impact design and a bit slower paced.