



Fall 2011 GROUP EXERCISE SCHEDULE

for classes from October 31, 2011 through December 30, 2011

Club Hours: M - F 5:30am until 10:00pm; Sat and Sun 8:30am until 5:00pm

Monday		
6:00 AM	Interval Step & Pump Boot Camp	Sheila
9:00 AM	Tai Chi	John Wagner
12noon	Kim H's awesome lunchtime class	Kim H
5:30 PM	Yoga Flow (75 min)	Tom S
5:30 PM	Aqua Fit	Brian
5:30 PM	Lean Mean Sexy Machines	Corrie
6:30 PM	Turbopump	Rick
Tuesday		
6:00 AM	Interval Step & Pump Boot Camp	Sheila
12 noon	Total Body Blitz	Kim
12 noon	Group Cycling (45 min)	Mark
5:00 PM	Pilates	Bethany
5:30 PM	Zumba	Alison
5:30 PM	Group Cycling	Mark
Wednesday		
6:00 AM	Group Cycling	Leslie
12:00noon	Yoga Express (45 min)	Tom S
12:05 PM	Zumba (45 min)	Alison
5:30 PM	Yoga Flow (75 min)	Tom S
5:30 PM	Lean Mean Sexy Machines	TBD
6:30 PM	Turbopump	Rick
Thursday		
6:00 AM	Interval Step & Pump Boot Camp	Sheila
12 noon	Total Body Blitz	Kim
12 noon	Group Cycling (45 min)	Mark
5:30 PM	Zumba	Alison
5:30 PM	Pilates	Bethany
5:30 PM	Group Cycling	Corrie
6:30 PM	Z-Box	Nene
Friday		
12noon	Kim H's awesome lunchtime class	Kim H
5:30 PM	Zumba	Elyse
Saturday		
8:45 AM	Step Circuit	Sheila
12 noon	Yoga Flow (75 min)	Tom S
Sunday		
10:15 AM	Group Cycling	Corrie

UNLESS OTHERWISE NOTED, ALL CLASSES ARE 60 MINUTES IN LENGTH

A Pilates THIS CLASS WILL BE TAUGHT ON THE 4TH FLOOR IN GARTH FAGAN'S DANCE STUDIO

C T'ai Chi with John Wagner T'ai Chi, a martial art that improves balance, reduces stress, increases body awareness and offers increased energy, is offered Monday mornings at 9:00am. The cost of this class is \$5 per class and may be paid at the desk prior to attending class.

Aqua Fit- A fun and enthusiastic style of class taught in the pool, using floatation belts in deep water, working your entire upper body, legs and especially core in a non-impact, cardio and sculpting class that now includes a shallow water segment for additional work.

Bad to the Bone- If you're getting ready for a street fight or just want to look like it. We're taking the practical cardio kickboxing from Turbokick, replacing the turbo segments with intervals of strength training and adding a proper amount of DFC 'Life's Tough. Get Fit. attitude' to help you discover new levels of achievement, perhaps you didn't believe possible. Redefine your physique - redefine your self.

Boot Camp- Boot Camp combines weight training with cardio intervals along with calisthenics, agility and plyometric drills, designed to help build endurance and strength, increase muscle tone, burn bodyfat and challenge you to push your limits to reach your fitness goals. This class is for all levels of fitness with modifications.

Group Cycling- an entire class done on the bike! Johnny G spin bikes are used for an invigorating group ride through mental hills, flats, sprints and more. Great soundtracks are to be expected in this format. Burn up to 900 calories an hour! Cycling has returned to the DFC!

Lean Mean Sexy Machines- the premise of this class is to use weights and intervals of anaerobic drills blended in with the main focus being building muscle AND burning fat, thus turning bodies into Lean, Mean, Sexy Machines! No fluff, this is the real deal people.

Pilates- A method of lengthening and strengthening the body using the core muscles of the abdominals and back. Great for toning without adding bulk. Rings are incorporated for additional toning and shaping of the core and lower body.

Interval Step & Pump Boot Camp - A NON-traditional step class that incorporates weight training, intervals of plyometrics, agility and calisthenics for those you like to just get an old-fashioned ass-whippin'. Soft bodies are accepted, soft attitudes are not.

T'ai Chi- This class is a martial art "form" that "loosens" the body by releasing stress and developing positive Chi (internal energy) while focusing on body mechanics that will improve movement and posture in daily life and sport. \$5 per class, pay before class at the front desk.

Total Body Blitz- A total body workout that will have your muscles sculpted and tone. This class gives new meaning to light weight/high reps as you push through fatigue to reshape your body. Use exercubes, body bars as well as a variety of resistance tools in this fun and challenging class.

Turbopump- This class uses barbells and dumbbells to train all the major muscle groups with a great soundtrack using one song for each bodypart with breaks to adjust weights. Recommended if you are bored with weight training.

Yoga- A traditional yoga practice that blends strength and flexibility in a class that thoroughly tones the body and disciplines the mind.

Yoga Express- Tom S. took his Yoga class, along with some Pilates to further challenge the core muscles, and boiled it down to a manageable 45 minute class suitable for all abilities. Great lunchtime stress reliever

Z-Box- A combination of cardio boxing and dance-style fitness moves with a Latin flair. "Z" stands for Zen. Tai Chi moves are incorporated to help relax your body for the rest of the day.

Zumba- This exhilarating Latin-inspired dance fitness workout requires no prior dance experience. All ages, genders, shapes and sizes can benefit from this high-energy workout party! It's a great cardio workout with bonus opportunities to learn some salsa, calypso, reggaeton, hip hop and more!