

# Dimple Dell Fitness & Recreation Center

## Group Fitness Schedule Winter 2024

\*\* Classes are subjected to change without notice! Classes are 55 minutes.

### Aerobics Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		<b>Pilates</b> <i>Jenn</i>				
8:00 AM	<b>Pilates</b> <i>Jenn</i>		<b>Cardio/Interval</b> <i>Jenn</i>		<b>Pilates</b> <i>Jenn</i>	<b>Zumba</b> <i>Brittney</i>
9:00 AM	<b>Cardio/Interval</b> <i>Jenn</i>	<b>Power Pump</b> <i>Bethne</i>	<b>Pilates</b> <i>Jenn</i>	<b>Power Pump</b> <i>Bethne</i>	<b>Step Interval</b> <i>Jenn</i>	<b>Barre</b> <i>Michelle</i>
10:00 AM	<b>Yoga</b> <i>Kimmi</i>	<b>Power Pump 101</b> <i>Bethne</i>	<b>Yoga for Active Adults</b> <i>Kimmi</i>	<b>Power Pump 101</b> <i>Bethne</i>	<b>Yoga &amp; You 101</b> <i>Karen</i>	<b>Yoga</b> <i>Kimmi</i>
6:30 PM	<b>Power Pump</b> <i>Erin</i>		<b>Restore Yoga</b> <i>Kimmi</i>	<b>Power Pump</b> <i>Erin</i>		

### Multi-Purpose Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	<b>Cycling</b> <i>Jenn</i>		<b>Cycling</b> <i>Jenn</i>			
9:00 AM		<b>Cycling</b> <i>Jenn</i>		<b>Cycling</b> <i>Jenn</i>		<b>Cycling (8:00 AM)</b> <i>Kellie</i>
6:00 PM	<b>Cycling</b> <i>Sarah</i>			<b>Cycling</b> <i>Sarah</i>		

### Auxiliary Gym

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		<b>TRX</b> <i>Emily</i>		<b>TRX</b> <i>Emily</i>		
9:00 AM	<b>Zumba</b> <i>Tessa</i>	<b>Zumba Gold</b> <i>Michele</i>	<b>Zumba Gold</b> <i>Jamie</i>	<b>Zumba Gold</b> <i>Michele</i>		
10:00 AM	<b>Strength &amp; Stretch</b> <i>Vicky</i>		<b>Strength &amp; Stretch</b> <i>Val</i>		<b>Strength &amp; Stretch</b> <i>Kimmi/Theresa/Val/Vicky</i>	

### Indoor Water Aerobics

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>Combo</b> <i>Kimmi</i>				<b>Combo</b> <i>Kimmi</i>	
9:00 AM	<b>Water Aerobics 101</b> <i>Monica</i>	<b>Variety</b> <i>Theresa</i>	<b>Combo</b> <i>Val</i>	<b>Aqua Zumba</b> <i>Shirley</i>	<b>Aqua Zumba</b> <i>Karen</i>	
10:00 AM	<b>Tread &amp; Tone (horse-shoe)</b> <i>Monica</i>	<b>Aqua Pilates</b> <i>Theresa</i>	<b>Aqua Zumba</b> <i>Karen</i>	<b>Aqua Pilates</b> <i>Theresa</i>		
11:00 AM			<b>Senior &amp; Friends</b> <i>Debbie</i>	<b>Cardio Burst</b> <i>Terri</i>		

Effective: 01.02.2024

# Class Descriptions

**Barre:** Uses techniques and movement found in ballet, while combining Pilates and yoga. Includes core, legs and upper body while using light weights and/or your own body weight.

**Cardio/Interval:** Anything goes with this cardio interval HIIT class. You will see all the latest fitness trends in class with an interval style, easy to follow workout. Each week is a fun, new challenge.

**Endurance Cycling:** Endurance training sessions challenge the body physically and mentally as the rider adapts to holding a steady position and steady heart rate for extended periods of times. This improves mental discipline as well as aerobic efficiency.

**High Intensity:** A full-body workout. This class is a rigorous training sequence that builds cardiovascular fitness while improving muscular strength and endurance. It is a choreographed Dance Aerobics. High Intensity is an old school form of Aerobics that is coming back in style.

**Pilates:** A variable, high intensity & fun mix of Pilates, ballet inspired exercise, yoga, and athletic conditioning in a great workout that will help build strength, flexibility, balance and sculpt you in all the right places.

**Power Pump:** This format combines the best of weight room lifting and group exercise. With the use of weighted bars and hand weights, one stands to develop strength and muscle mass, endurance, balance and flexibility.

**Power Pump101:** This format combines the best of weight room lifting and group exercise. With the use of weighted bars and hand weights, one stands to develop strength and muscle mass, endurance, balance and flexibility. Will currently be taught at a lower intensity and tempo.

**Step Interval:** A mix of cardio and strength intervals using step choreography and resistance training. A little of everything in one fun class!

**Strength & Stretch:** Class focuses on core muscles with both strengthening exercises and those geared towards greater flexibility. Spri Balls, light weights, stretch bands, and other equipment will be used throughout the class. Great prerequisite class to power pump101. Designed to promote relaxation, flexibility, balance, alignment and strength.

**Yoga for Active Adults:** Yoga is for everyone! Come learn about the yoga practice and how it can help you feel absolutely amazing. Yoga incorporates all of the body systems to promote health and healing! Extra time will be spent on practicing basic poses, the lingo, stretching, and flexibility.

**Restore Yoga:** Is a style of yoga that encourages physical, mental, and emotional relaxation.

Appropriate for all levels, restorative yoga is practiced at slow pace, focusing on long holds, stillness and deep breathing.

**TRX:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

**Water Fitness 101:** If you haven't tried it you've been missing out! You'll be surprised how many calories you burn as you use the water's resistance to build muscle strength and cardio endurance! You can't find a better exercise for your joints. Jump in and join us today.

**Water Fitness—Seniors and Friends:** Although this class is geared toward more mature adults, everyone is invited to participate. This is a great workout for those who like mid-day aerobics.

**Water Fitness—Variety, Tread & Tone & Pilates:** Too intimidated to jump into water aerobics? Don't be! Come learn the basics as well as increase your core strength and flexibility with Pilates in the water.

**Water Fitness-Combo:** Does impact on your joints bother you? Join us for this water workout that is done partially in shallow and part in the deep water relieving all impact from those joints.

**Zumba:** Zumba brings the flair of Latin Dance to your workout. Basic choreography is simple enough for first time students to catch on, but fun enough to keep you going. Zumba Gold (slower moves for seniors, pre/post natal, etc.) and Aqua Zumba (in the water for those with joint pain) also offered!