

# Dimple Dell Fitness & Recreation Center

## Group Fitness Schedule Fall 2024

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

### Aerobics Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		Pilates Jenn				
8:00 AM	Pilates Jenn		F.I.I.T Jenn		Pilates Jenn	Zumba Brittney
9:00 AM	F.I.I.T Jenn	Power Pump Bethne	Pilates Jenn	Power Pump Bethne	Step Interval Jenn	Barre Michelle
10:00 AM	Yoga Kimmi	Power Pump 101 Bethne	Yoga for Active Adults Kimmi	Power Pump 101 Bethne	Yoga & You 101 Karen	Yoga Kimmi
6:30 PM	Power Pump Erin		Restore Yoga Kimmi	Power Pump Erin		

### Multi-Purpose Room

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

### Auxiliary Gym

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Zumba Tessa	Zumba Gold Michele	Zumba Gold Jamie/Cheryl	Zumba Gold Michele	TRX Emily	
10:00 AM	Strength & Stretch Vicky		Strength & Stretch Val		Strength & Stretch Kimmi/Theresa/Val/Vicky	

### Indoor Water Aerobics

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

Effective: 09.15.2024

# 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.

**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.

**F.I.I.T** (Functional Integrated Interval Training): A workout that is FUN and FUNCTIONAL. It INTEGRATES the entire body. It INTERVALS between strength and cardio. You will TRAIN with a variety of workouts and equipment. Each week is a fun new challenge!

**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!