



# Land Fitness

November Schedule

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Monday	5:30am - 6:15am	DRC Gym 3	Sara K.
Cardio Core	Monday	9:00am - 10:00am	Studio C	Cindy C.
Senior Strength Training	Monday	10:00am - 11:00am	Studio R	Stacy D.
Muscle Mania	Monday	10:15am - 11:15am	Studio C	Rachel P.
Muscle Mania Express	Monday	4:00pm - 4:45pm	Studio C	Weatherly P.
Total Body Training	Monday	5:30pm - 6:15pm	Studio C	Cindy C.
Pilates	Monday	6:30pm—7:15pm	Studio R	Cindy C.
Strong Circuit Express	Monday	7:30pm - 8:00pm	DRC Gym 3	Joe B.
Strong Circuit Express	Monday	8:00pm - 8:30pm	DRC Gym 3	Joe B.
Rip Training	Tuesday	5:30am - 6:15am	DRC Gym 3	Madison H.
Barre	Tuesday	5:30am - 6:15am	Studio R	Courtney C.
Barre Pilates	Tuesday	8:15am - 9:00am	Studio R	Cindy C.
HIIT	Tuesday	9:15am - 10:00am	Studio C	Lori T.
Please Stay Seated	Tuesday	11:00am - 11:30am	Studio C	Amy R.
Fit for Life	Tuesday	11:15am - 12:00pm	Studio R	Stacy D.
Boot Camp	Tuesday	4:00pm - 4:45pm	Studio C	Rachel P.
Total Body Express	Tuesday	5:45pm - 6:30pm	Studio C	Jenni J.
Zumba	Tuesday	6:45pm - 7:45pm	Studio C	Sunny H.
Total Body Training	Wednesday	5:30am - 6:15am	Studio C	Sara K.
Pilates Strength	Wednesday	8:15am - 9:00am	Studio C	Cindy C.
Cardio Core	Wednesday	9:00am - 10:00am	Studio C	Cindy C.
Senior Strength Training	Wednesday	10:00am - 11:00am	Studio R	Stacy D.
Muscle Mania	Wednesday	10:15am - 11:15am	Studio C	Rachel P.
Step Express	Wednesday	1:00pm - 1:45pm	Studio C	Weatherly P.
Nothing But Guts	Wednesday	1:45pm - 2:15pm	Studio C	Weatherly P.
Muscle Mania Express	Wednesday	4:00pm - 4:45pm	Studio C	Dawn B.
Total Body Training	Wednesday	5:30pm - 6:15pm	Studio C	Cindy C.
Barre Fusion	Wednesday	6:30pm - 7:15pm	Studio R	Cindy C.
Strong Fit	Wednesday	8:00pm - 9:00pm	Fitness Center	Joe B.
Rip Training	Thursday	5:30am - 6:15am	DRC Gym 3	Madison H.
Barre	Thursday	5:30am - 6:15am	Studio R	Courtney C.
Barre Pilates	Thursday	8:15am - 9:00am	Studio R	Cindy C.
HIIT	Thursday	9:15am - 10:00am	Studio C	Lori T.
Chair Yoga	Thursday	11:00am - 11:30am	Studio C	Amy R.
Fit for Life	Thursday	11:15am - 12:00pm	Studio R	Rachel P.
Boot Camp	Thursday	4:00pm - 4:45pm	Studio C	Rachel P.
Total Body Express	Thursday	5:45pm - 6:30pm	Studio C	Jenni J.
Zumba	Thursday	6:45pm - 7:45pm	Studio C	Sunny H.
Total Body Training	Friday	5:30am - 6:15am	DRC Gym 3	Sara K.
Pilates Strength	Friday	8:15am - 9:00am	Studio C	Cindy C.
Cardio Core	Friday	9:00am - 10:00am	Studio C	Cindy C.
Homeschool Family Fit	Friday	9:00am - 9:45am	Studio R	Nicole R.
Muscle Mania	Friday	10:15am - 11:15am	Studio C	Rachel P.
Muscle Mania	Friday	4:30pm - 5:30pm	Studio C	Dawn B.
River Boot Camp	Saturday	8:30am - 9:30am	Riverview Playground	Joe B.
Zumba	Saturday	10:15am - 11:15am	Studio C	Jessica M.



# Mind and Body

Event	Event Day	Event Time	Facility	Staff
Restorative Yoga	Monday	8:15am - 9:00am	Studio D	Victoria M.
Yoga	Monday	5:00pm - 6:00pm	Studio D	Kay H.
Yoga Light	Monday	6:15pm - 7:00pm	Studio D	Sara K.
Hot Yoga	Monday	7:30pm - 8:30pm	Studio D	Kelli F.
Hot Piyo	Tuesday	5:15am - 6:00am	Studio D	Jenni J.
Stretch and Strength	Tuesday	10:00am - 10:45am	Studio D	Amy R.
Stretch and Strength	Tuesday	4:30pm - 5:15pm	Studio D	Amy R.
Broyoga	Tuesday	6:00pm - 7:00pm	Studio D	Stephanie T.
Yoga	Wednesday	4:30pm - 5:30pm	Studio D	Kay H.
Hot Piyo	Wednesday	5:45pm - 6:45pm	Studio D	Jenni J.
Hot Yoga	Wednesday	7:30pm - 8:30pm	Studio D	Kelli F.
Hot Yoga	Thursday	5:30am - 6:15am	Studio D	Kelli F.
Storytime Stretch	Thursday	9:00am - 9:30am	Studio D	Nicole R.
Stretch and Strength	Thursday	10:00am - 10:45am	Studio D	Amy R.
Vinyasa Yoga	Thursday	6:00pm - 6:45pm	Studio D	Andey R.
Restorative Yoga	Thursday	7:00pm - 7:45pm	Studio D	Aimee T.
Candlelight Yoga	Thursday	8:00pm - 8:45pm	Studio D	Aimee T.
Early Morning Hot Piyo	Friday	5:15am - 6:00am	Studio D	Jenni J.
Yoga	Friday	9:00am - 10:00am	Studio D	Kay H.
Yoga	Saturday	8:15am - 9:15am	Studio D	Victoria M.
Vinyasa Yoga	Sunday	1:15pm - 2:15pm	Studio D	Andey R.
Hot Piyo	Sunday	3:00pm - 4:00pm	Studio D	Jill T.

# Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle and Tone	Monday	9:00am - 10:00am	Cycle Studio	Lisa J.
Cycle and Core	Monday	5:45pm - 6:45pm	Cycle Studio	Dawn B.
Start Spinning	Monday	7:00pm - 7:30pm	Cycle Studio	Paula M.
Just Spin	Tuesday	5:30am - 6:15am	Cycle Studio	Mary Ann L.
Just Spin	Tuesday	9:15am - 10:00am	Cycle Studio	Weatherly P.
Cycle and Tone	Tuesday	5:30pm - 6:30pm	Cycle Studio	Lisa J.
Start Spinning	Tuesday	6:45pm - 7:15pm	Cycle Studio	Lauren M.
Cycle and Tone	Wednesday	9:00am - 10:00am	Cycle Studio	Lauren M.
Cycle and Core	Wednesday	5:45pm - 6:45pm	Cycle Studio	Weatherly P.
Start Spinning	Wednesday	7:00pm - 7:30pm	Cycle Studio	Weatherly P.
Just Spin	Thursday	5:30am - 6:15am	Cycle Studio	Mary Ann L.
Just Spin	Thursday	9:15am - 10:00am	Cycle Studio	Weatherly P.
Cycle and Tone	Thursday	5:30pm - 6:30pm	Cycle Studio	Adam H.
Start Spinning	Thursday	6:45pm - 7:15pm	Cycle Studio	Adam H.



## Water Classes

Event	Event Day	Event Time	Facility	Staff
Aqua Zumba	Monday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
Tabata Waves	Monday	7:00am - 7:45am	Leisure Area 5	Janice K.
Aqua Challenge	Monday	8:00am - 9:00am	Leisure Area 5	Janice K.
Aerobic Waves	Monday	9:00am - 10:00am	Leisure Area 5	Aimee E.
Aerobic Waves	Monday	10:00am - 11:00am	Leisure Area 5	Janice K.
HIIT the Water	Monday	5:45pm - 6:30pm	Leisure Area 5	Angie B.
Pumping Water	Tuesday	6:45am - 8:15am	Leisure Area 5	Carol R.
HIIT the Deep Water	Tuesday	8:15am - 9:00am	Leisure Area 5	Janice K.
Aqua Stretch and Strength	Tuesday	9:00am - 9:45am	Leisure Area 5	Amy R.
Tabata Waves	Tuesday	10:00am - 10:45am	Leisure Area 5	Janice K.
Aerobic Waves	Tuesday	5:30pm - 6:30pm	Leisure Area 5	Pat E.
Aqua Zumba	Wednesday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
Tabata Waves	Wednesday	7:00am - 7:45am	Leisure Area 5	Janice K.
Aqua Challenge	Wednesday	8:00am - 9:00am	Leisure Area 5	Janice K.
Aerobic Waves	Wednesday	9:00am - 10:00am	Leisure Area 5	Aimee E.
Aerobic Waves	Wednesday	10:00am - 11:00am	Leisure Area 5	Janice K.
HIIT the Water	Wednesday	5:45pm - 6:30pm	Leisure Area 5	Angie B.
Pumping Water	Thursday	6:45am - 8:15am	Leisure Area 5	Carol R.
HIIT the Deep Water	Thursday	8:15am - 9:00am	Leisure Area 5	Janice K.
Aqua Stretch and Strength	Thursday	9:00am - 9:45am	Leisure Area 5	Amy R.
Tabata Waves	Thursday	10:00am - 10:45am	Leisure Area 5	Janice K.
Aerobic Waves	Thursday	5:30pm - 6:30pm	Leisure Area 5	Pat E.
Aqua Zumba	Friday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
Tabata Waves	Friday	7:00am - 7:45am	Leisure Area 5	Janice K.
Aqua Challenge	Friday	8:00am - 9:00am	Leisure Area 5	Janice K.
Aerobic Waves	Friday	9:00am - 10:00am	Leisure Area 5	Aimee E.
Aerobic Waves	Friday	10:00am - 11:00am	Leisure Area 5	Janice K.

## OAC Fitness

Event	Event Day	Event Time	Facility	Staff
Zumba	Monday	6:00pm-7:00pm	Activity Studio	Amy N.
Power Lunch	Wednesday	11:15am - 11:45am	Activity Studio	Susie W.
Power Lunch	Wednesday	11:45am - 12:15pm	Activity Studio	Susie W.
Zumba	Wednesday	6:00pm-7:00pm	Activity Studio	Amy N.
Power Lunch	Friday	11:15am - 11:45am	Activity Studio	Susie W.
Power Lunch	Friday	11:45am - 12:15pm	Activity Studio	Susie W.

## Water Fitness

**Aerobic Waves-** This shallow water class provides a great cardiovascular workout, increased flexibility and enhanced strength without stress on your joints.

**Aqua Challenge-** Challenge your body while working out with the low-impact benefits of water. This course will utilize challenge methods such as Tabata and Pyramids; with aquatic equipment to burn calories, increase your cardio endurance, strengthen muscles, and improve flexibility and overall balance. Find your own baseline and learn how to build to your personal best.

**Aqua Zumba-** Get your day going right! Aqua Zumba incorporates all the fun of Zumba high intensity dance movements and Latin music with the gentle support of the water.

**HIIT The Deep Water-** Enjoy a high intensity cross-training, deep water challenge. This non-impact workout will take you to the depth of fitness training. The focus is cardiovascular and strength training using various equipment and movements. Basic deep water skills are necessary.

**HIIT The Water-** Enjoy a high intensity cross-training in the shallow end! This non-impact workout will take you to the depth of fitness training. The focus is cardiovascular and strength training using various equipment and movements. This class is designed for all fitness levels

**Pumping Water-** A variety of equipment and tempos will be used to increase the weight of your arms and legs as they move through the water. Add in the cooling and increased circulation benefits of the water workout and you will find one of the best strength training workouts available.

**Tabata Waves-** Tabata is an interval workout that will challenge you! This intense class utilizes the Tabata Fitness Protocol of 20 seconds work followed by 10 seconds rest and repeated 8 times. The water will give you that increased intensity while protecting your joints and keeping your body cooler than it would on land.

**New! Aqua Mix-** Are you looking for a little bit of everything when it comes to water aerobics? Aqua Mix is a combination of aerobic waves, HIIT, and Tabata. This class will utilize all training methods known to man! Using all aquatic equipment this class will spice up your workouts, burn more calories and get more out of your exercise time.

**New! Aqua Stretch and Strength-** A stretching and toning class all done in the water! This class will work on improving flexibility, balance, and coordination. It is designed to be a full body work-out, and helps to tone your muscles as opposed to gaining muscle mass.

## Land Fitness

**Barre-** A workout that combines the best elements of ballet barre, Pilates, functional strengthening, and stretching.

**Barre Fusion-** Barre fusion is an intense cardio workout formatted to be a heart pumping good time. It is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles.

**Barre Pilates-** Try the newest thing in fitness with a class that uses the ballet bar as a prop to balance while doing exercises that focus on isometric strength training combined with high reps or small range of motion movements. Barre Pilates has a Pilates format to give you a total body workout with strong core work.

**Cardio Core-** A total body workout with cardio and weight training. Increase your heart rate with a variety of step routines while toning your muscles using weights, body bars, bands and a core training to develop those "POWERHOUSE" abs.

**Fit For Life-** Restorative fitness to create long-term health, happiness, and wellbeing.

**H.I.I.T.-** High intensity interval training! Cardio intervals worked in between sets of strength exercises. A fast paced class with a variety of movements to give you strength overall and endurance. All exercises can be modified.

**Home School Family Fit-** This class offers a fun and inviting fitness opportunity for parents and children. We focus on cardio intervals, strength training, core work, and flexibility. Made for all fitness class levels.

**Muscle Mania Express-** Shorter class that incorporates giant sets, super sets, and circuit training to train and tone muscles.

**Muscle Mania-** A high energy class that incorporates giant sets, super sets and circuit training to train and tone muscles. An abs workout is included to help you develop a six-pack. All exercises can be adapted to any level.

**Nothing But Guts-** Just as it sounds, it's all about the core! Fire up your abs, lower back, and glutes to build a stable, stronger, and more powerful core.

**Pilates Strength-** A blend of Pilates and strength moves will take you through a unique Pilates class that focuses on overall strength for lifestyle function.

**Please Stay Seated-** Experience strength exercises for you upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Power Lunch-** Get fit during lunch with the power of weights. Using all muscle groups you will lift weights and strengthen your entire body. Guaranteed to be doing squats, dead lifts, lunges and strong core work.

**RIP Training-** Rest in peace knowing you will get a great workout with this fast paced interval training boot camp! Using free weights and mobility training, this will challenge your body. This class is designed for semi-experienced fitness go-ers.

**River Boot Camp-** A fresh spin on boot camp at Derby's newest park, Warren Riverview! Enjoy the outdoors in this new boot camp experience using calisthenics, short distance running/walking, body weight resistance training, crunches, agility, power drills and much more!

**Step Express-** Step it up with this cardio mid-day work out that will guarantee the calorie burn that you deserve.

**Senior Strength Training-** Entry level weight bearing and muscle strengthening exercise class for seniors. Our instructor will help you modify the workout to meet your personal needs.

**Strong Circuit Express-** A shorter 30 minute class with strength training in circuit form to maximize calories burned while working all muscle groups.

**Strong Fit-** The class is designed to give you that little extra push that you are looking for. It will focus on strength and conditioning using body weight, free weights, med balls, and banded exercises.

**Total Body Express-** A class that will work your entire body in just 45 minutes. We will use dumbbells, body bars, TRX, fitness center and your own body weight.

**Total Body Training-** Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout using dumbbells, body bars, bands, and a step.

**Zumba-** Latin and international music combined in dance routines to burn calories while having a blast!

## Mind and Body

**Broyoga-** A beginning yoga class specifically designed for men. This class will introduce men to yoga. Designed to reduce stress and release muscular holding patterns that are typical in men's bodies. This class combines the best core strengthening, muscle toning, stress reducing, and flexibility enhancing yoga postures.

**Candlelight Yoga-** This class is set to candlelight to give you a warm atmosphere while enjoying your yoga practice.

**Chair Yoga—** Yoga poses can be enjoyed in so many ways. In this class you will experience yoga from the comfort of a chair. If you have always wanted to do yoga but have trouble getting up and down off the floor, this is the class for you.

**Early Morning Hot Piyo-** Start your day out first thing with detoxing HOT PIYO that will give you energy for the rest of the day. Piyo flow will take you through an energizing sequence of poses that will strengthen you while lengthening your spine.

**Hot Piyo-** Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body in a raised temperature environment. PIYO combines practices of Pilates and yoga to help you build strength, lose weight, increase flexibility.

**Hot Yoga-** Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body. Teaching you to ground yourself in each pose, stimulating your mind and restoring your body.

**Story Time Stretch-** Enjoy this fun stretching class with your toddler or preschooler! The instructor will go through some basic stretching exercises and end with a fun and educational story book.

**Please Stay Seated-** Experience strength exercises for you upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Restorative Yoga-** This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Use props to support postures while gently stretching and strengthening your body.

**Stretch & Strength-** A stretching and toning class to work on improving flexibility, balance, coordination, and agility. It is designed to be a full body workout, and helps to tone your muscles as opposed to gaining muscle mass.

**Vinyasa Yoga-** Bring peace and focus to your mind! Vinyasa is a flowing sequence of movement between Asanas. An Asana is a posture intended to elicit a specific response from the body. Combine them both and get a challenging and invigorating, fast paced flow that will strengthen and lengthen muscles and well as increase mobility in your joints.

**Yoga-** Hatha Yoga is the ancient technique of stretching with deep breathing to tone and shape joints and muscles. A total-body workout, practiced by any fitness level.

## Cycle Classes

**Cycle and Tone-** This spin class will take you through several different workouts each class. The music will give you the fun and uplifting experience to start your day. Burn calories while riding to the best music in town.

**Cycle and Core-** Cycling class that includes an on-and-off bike workout. You will be able to have the blend of cardio and resistance work in 1 hour.

**Just Spin-** Just that! The perfect way to start your day! This spin class will take you through several different workouts each class.

**Start Spinning-** No complicated moves, just pedaling. Sounds easy, but don't be fooled, spinning works your quadriceps, hamstrings, calves, hips and abdominals. It's an excellent method for losing weight, because it burns a tremendous number of calories. It also boosts cardiovascular fitness, muscle tone and endurance.

**Cycle Burn-** The high intensity workout you are looking for! Spend your time with us and get in a quick, strong workout. All levels are welcome, but be ready to BURN!



# Youth Fitness

Event	Event Day	Event Time	Facility	Staff
Fun Fitness	Monday	3:45pm - 4:30pm	DRC Gym 3	Rachel P.
Titan Teen Strength Training	Monday	5:00pm - 5:45pm	Fitness Center	Rachel P.
Fun Fitness	Wednesday	3:45pm - 4:30pm	DRC Gym 3	Rachel P.
Titan Teen Strength Training	Wednesday	5:00pm - 5:45pm	Fitness Center	Rachel P.
K-5th Grade Yoga	Thursday	4:00pm - 4:30pm	Studio D	Victoria M.
6-8th Grade Yoga	Thursday	4:45pm - 5:15pm	Studio D	Victoria M.

## Youth Fitness

**Fun Fitness**-You will have the opportunity to use all areas of the facility for a variety of workouts. In the fitness center you will learn the proper way to use the equipment. Weight lifting, running techniques, sports drills and much more. Unwind and burn off some energy after school with our DRC youth personal trainer. Ages 7-16.

**New! Titan Teen Strength Training** -Let one of our certified personal trainers take your teen through a supervised training program in our fitness center. She will discuss the safety of all the equipment and will demonstrate the proper use of it. They will learn the fundamentals of various lifts such as: squats, bench press, deadlifts, and much more. Ages 13-19.

**K-5<sup>th</sup> Yoga**-Get a total body workout while your shape, strengthen, and tone your muscles. Breathe deeply and let the school stress melt away. Mats provided. Ages K-5<sup>th</sup> grade.

**6<sup>th</sup>-8<sup>th</sup> Yoga**-Get a total body workout while your shape, strengthen, and tone your muscles. Breathe deeply and let the school stress melt away. Mats provided. Ages 6<sup>th</sup>-8<sup>th</sup> grade.