



Classes Subject to Change

Land Fitness

July Schedule
New Classes- **BOLD**

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Monday	5:30am - 6:15am	DRC Gym 3	Sara K.
Shine	Monday	8:00am - 9:00am	Studio R	Jessica M.
Cardio Core	Monday	9:00am - 10:00am	Studio C	Cindy C.
Mash Up	Monday	10:15am - 11:15am	Studio C	Rachel P.
Total Body Training	Monday	5:30pm - 6:15pm	Studio C	Cindy C.
Strong Circuit Express	Monday	6:15pm - 7:00pm	DRC Gym 3	Joe B.
Barre	Tuesday	7:15am - 8:00am	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.
Zumba Chair Gold	Tuesday	10:00am-10:45am	Studio R	Amy N.
Shine	Tuesday	4:00pm-4:45pm	Studio R	Polly J.
Total Body Express	Tuesday	5:45pm - 6:30pm	Studio C	Jenni J.
Zumba	Tuesday	6:45pm - 7:45pm	Studio C	Jessica M.
Total Body Training	Wednesday	5:30am - 6:15am	Studio C	Sara K.
Shine	Wednesday	8:00am - 9:00am	Studio R	Jessica M.
Cardio Core	Wednesday	9:00am - 10:00am	Studio C	Cindy C.
Muscle Mania	Wednesday	10:15am - 11:15am	Studio C	Rachel P.
Power Lunch	Wednesday	11:30am-12:00pm	Studio C	Susie W.
Power Lunch	Wednesday	12:00pm-12:30pm	Studio C	Susie W.
Mash Up	Wednesday	5:30pm - 6:15pm	Studio C	Cindy C.
Barre Fusion	Wednesday	6:30pm - 7:15pm	Studio R	Cindy C.
Barre	Thursday	7:15am - 8:00am	Studio R	Courtney C.
Barre Pilates	Thursday	8:15am - 9:00am	Studio R	Cindy C.
Mash Up	Thursday	9:15am - 10:00am	Studio C	Lori T.
Shine	Thursday	9:15am-10:00am	Studio R	Polly J.
Mash Up	Thursday	5:45pm - 6:30pm	Studio C	Jenni J.
Zumba	Thursday	6:45pm - 7:45pm	Studio C	Jessica M.
Total Body Training	Friday	5:30am - 6:15am	DRC Gym 3	Sara K.
FitFix	Friday	9:00am - 10:00am	Studio C	Cindy C.
Family Fit	Friday	9:00am - 9:45am	Studio R	Nicole R.
Balancing Life	Friday	10:00am-10:45am	Studio R	Paula H.
Muscle Mania	Friday	10:15am-11:15am	Studio C	Rachel P.
River Boot Camp	Saturday	7:30am - 8:15am	Warren Riverview Park	Joe B.
Shine	Saturday	9:00am-10:00am	Studio C	Jessica M.
Zumba	Sunday	1:00pm-2:00pm	Studio C	Amy N.

Updated 6/26/20

Land Fitness

Balancing Life- Balance is one of the strongest keys to good health. As we age, this is one of the first things that we have to challenge ourselves with. Balance for Life will help keep you upright, allows you to walk without assistance and helps prevent injury. All fitness levels welcome, but be ready to work hard, this class uses all muscle groups to achieve the goal of balance.

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.

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.

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.

FitFix: This total body workout class will include circuits that focus on muscles, cardio, toning, and core. Techniques from strength and core training, Pilates, and lots of heart rate building, will all be incorporated for a great variety and fit to fix!

Mash Up- Maximize your results in less time with 3 classes in one! Experience a short, effective workout with variable intensity interval training (VIIT). This program features mind/body, agility/strength and high intensity interval exercises for 3 levels.

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.

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.

River Boot Camp- Enjoy this boot camp experience using calisthenics, running/walking, body weight resistance, crunches, agility, power drills and much more all at the beautiful setting of Warren Riverview Park!

SHINE™- is a **dance** fitness class rooted in traditional **dance** such as jazz, hip hop and ballet set to great Top 40 music. We take those foundational moves and create **dance** routines that are easy enough for beginners yet challenging enough for the more seasoned **dancer**. The simplicity of the routines allows you keep moving and do less thinking.

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

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!

Zumba Gold Chair- This class is a perfect mix of Zumba Gold and Chair. You can enjoy the beat of the Latin music either on your feet or take a seat!



Mind and Body

Event	Event Day	Event Time	Facility	Staff
Restorative Yoga	Monday	9:00am-10:00am	Studio D	Victoria M., Kay H.
Yoga	Monday	5:00pm - 6:00pm	Studio D	Andey R.
Yoga Light	Monday	6:15pm - 7:00pm	Studio D	Sara K.
Hot Yoga	Monday	7:30pm - 8:30pm	Studio D	Kelli F.
Stretch and Strength	Tuesday	10:00am - 10:45am	Studio D	Amy R.
Mindful Meditation	Tuesday	7:30pm-8:00pm	Studio D	Lauren M.
Restorative Yoga	Wednesday	9:00am-10:00am	Studio D	Victoria M., Kay H.
Yoga	Wednesday	5:00pm - 5:45pm	Studio D	Kay H.
Hot Piyo	Wednesday	6:00pm - 7:00pm	Studio D	Jenni J.
Hot Yoga	Wednesday	7:30pm - 8:30pm	Studio D	Kelli F.
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	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.
Yoga Foundations	Sunday	1:00pm - 2:00pm	Studio D	Andey R.

Mind and Body

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.

Mindful Meditation- Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing mediators will benefit from this class This class consists of breath work and then progresses into a guided stretch and ending in a mindful meditation.

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.

Yoga Foundations- A class that will help you realign your body and mind and will teach you how to perfect each pose.

YOGA Light- This mindful class incorporates a more gentle approach to yoga. This class will move the body through the classical poses very slowly, gently, and conscientiously.



Water Classes

Event	Event Day	Event Time	Facility	Staff
Aqua Zumba	Monday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
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.
Tabata Waves	Tuesday	10:15am - 11:00am	Leisure Area 5	Lori T.
Aqua Zumba	Wednesday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
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.
Tabata Waves	Thursday	10:15am - 11:00am	Leisure Area 5	Lori T.
Aqua Zumba	Friday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
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.

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 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.



Youth Fitness

Event	Event Day	Event Time	Facility	Staff
Teen Weight Lifting 13-15	Monday	11:30am -12:15pm	Fitness Center	Rachel P.
Youth Yoga	Wednesday	10:30am-11:00am	Studio D	Tracie V.
Teen Yoga 12-16	Wednesday	11:15am-12:00pm	Studio D	Tracie V.
6th Grade Sports Conditioning	Wednesday	11:30am-12:15pm	Gym 3	Rachel P.
Teen Cardio Dance	Thursday	10:00am-10:45am	Studio R	Amy N.
1st-3rd Grade Conditioning	Friday	10:00am-10:45am	Gym 3	Nicole R.
MS/HS Gymnastics Cheer Conditioning	Friday	11:30am-12:15pm	Gym 3	Rachel P.
MS/HS Wrestling Conditioning	Saturday	9:00am-10:00am	Gym 3	Joe B.
4th-5th Grade Conditioning	Sunday	2:00pm-2:45pm	Studio R/Gym 3	Weatherly P.

Youth Fitness

MSHS Gymnastics Cheer Conditioning- Sports specific exercises to increase strength and flexibility in cheer and gymnasts. In July only we are offering this special class taught by our DRC personal trainer. Rachel competed for the University of Arizona, is a nationally certified trainer and ready to help you get ready for the team. She will train all muscle groups for agility, flexibility, and strength, while working the skills of the sport.

MS/HS Wrestling Conditioning- Are you ready for wrestling season? If not, now is the time with this class that is only offered in July. You will work on overall strength, flexibility and speed. By working opposing muscle groups you will decrease the chance of possible sports injuries through the season. Taught by our DRC personal trainer that hold the certification from the National Academy of Sports Medicine.

Teen Cardio Dance- In this 45minute class-like-a-party, you'll incorporate footwork and body movements from a wide variety of dances including hip-hop, Latin, and ballet (instructor's choice). Participants groove to the beat as they move their bodies like never before.

Teen yoga- Take a minute this summer and learn yoga or practice your poses in this class that is only in July. Have fun getting fit, improving strength, balance, flexibility and endurance with challenging poses. They'll also develop emotional equilibrium, self-esteem, and concentration with the deep breathing, relaxation and meditation components of the sessions. Bring your friends and enjoy the art of yoga.

Teen Weight Lifting- Work with a DRC personal trainer on weight lifting and the form needed to build strength and endurance. You will learn fitness center etiquette and recover time. This class will also encourage the proper eating that is needed for success with weight lifting. Ages 13-15.

Youth Yoga- Get a total body workout while you shape, strengthen, and tone your muscles. Breathe deeply and let the school stress melt away. Mats provided.

1st-3rd grade conditioning- Exercise made fun is all about this class. You will play a few games and work out all that energy! Only offered in July, this class is part of your membership and a class you won't want to miss.

4th-5th grade conditioning- Come and enjoy the class where you will definitely get into shape. Whether you are getting ready for an upcoming sport or just want to get into shape this summer, you can bring all your friends and workout together.

6th grade sports conditioning- Are you missing Panther Pride this summer? The DRC has created this class just for you. Bring your friends and get in shape for the new year or condition for your upcoming sport.



Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle Burn	Monday	9:00am - 9:45am	Cycle Studio	Lisa J.
Just Spin	Monday	6:00pm-6:45pm	Cycle Studio	Paula M.
Cycle Burn	Tuesday	5:30pm - 6:15pm	Cycle Studio	Lisa J., Adam H.
Start Spinning	Tuesday	6:45pm - 7:15pm	Cycle Studio	Lauren M., Adam H.
Just Spin	Wednesday	9:00am - 10:00am	Cycle Studio	Lauren M.
Just Spin	Wednesday	6:00pm - 6:45pm	Cycle Studio	Weatherly P.
Cycle Burn	Thursday	5:30pm - 6:30pm	Cycle Studio	Lisa J., Adam H.
Start Spinning	Thursday	6:45pm - 7:15pm	Cycle Studio	Lauren M., Adam H.
Inspirational Spin	Friday	9:00am-9:45am	Cycle Studio	Lisa J.

Cycle Classes

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

Inspirational Spin- "Cycle with a purpose" is the focus of this fun and uplifting cycle class. You will enjoy a Challenging ride, burn calories, and leave with an intention for the day. This is a new class that you will not want to miss.

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.

Classes Removed From Previous Schedule

Event	Event Day	Event Time	Facility	Staff
Youth Speed Work	Monday	5:30pm-6:00pm	Gym 3	Joe B.
Zumba Gold	Tuesday	10:00am-10:45am	Studio R	Amy N.
Please Stay Seated	Tuesday	11:00am-11:30am	Studio C	Amy R.
HIIT The Deep Water	Tuesday/Thursday	8:15am-9:00am	Leisure Area 5	Lori T.
Pilates Strength	Wednesday/Friday	8:15am-9:00am	Studio C	Cindy C.
Step Express	Wednesday	7:00pm-7:30pm	Studio C	Weatherly P.
EM Shine	Thursday	5:30am-6:15am	Studio C	Amy N.
Storytime Stretch	Thursday	9:00am-9:30am	Studio D	Nicole R.
Zumba Chair	Thursday	10:00am-10:30am	Studio C	Amy N.
Noon Yoga	Thursday	12:15pm-1:00pm	Studio D	Kelli F.
Sunset Yoga	Thursday	6:30pm-7:30pm	High Park	Aimee T.
Youth Speed Work	Saturday	10:00am-10:30am	Gym 3	Joe B.
Family Yoga	Sunday	3:00pm-3:45pm	Studio D	Tracie V.