



Classes Subject to Change

# Land Fitness

July 5 - August 1

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Monday	5:30am-6:15am	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-11:00am	Studio C	Rachel P.
Senior Strength Training	Monday	11:15am-12:00pm	Studio R	Rachel P.
Total Body Training	Monday	5:30pm - 6:15pm	Studio C	Cindy C.
<b>Combat Fitness</b>	<b>Monday</b>	<b>6:30pm-7:15pm</b>	<b>Studio C/Gym 3</b>	<b>Craig F.</b>
Early Morning Bootcamp	Tuesday	5:30am-6:15am	Gym 3	Angela O.
Barre Pilates	Tuesday	8:15am - 9:00am	Studio R	Cindy C.
Met Con Training	Tuesday	9:15am-10:00am	Gym 3	Lori T.
Making the Cut	Tuesday	10:00am-10:45am	Studio C	Aimee E.
<b>Please Stay Seated</b>	<b>Tuesday</b>	<b>11:00am-11:30am</b>	<b>Studio C</b>	<b>Amy R.</b>
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.
Cardio Core	Wednesday	9:00am -10:00am	Studio C	Cindy C.
<b>Senior Strength Training</b>	<b>Wednesday</b>	<b>10:00am-10:45am</b>	<b>Studio R</b>	<b>Nicole R.</b>
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.
<b>Total Body Training</b>	Wednesday	5:30pm - 6:15pm	Studio C	Cindy C.
Barre Fusion	Wednesday	6:30pm -7:15pm	Studio R	Cindy C.
<b>Combat Fitness</b>	<b>Wednesday</b>	<b>6:30pm-7:15pm</b>	<b>Studio C/ Gym3</b>	<b>Craig F.</b>
Barre Pilates	Thursday	8:15am - 9:00am	Studio R	Cindy C.
R.I.P.P	Thursday	8:15am-9:00am	Studio C	Rachel P.
Mash Up	Thursday	9:15am-10:00am	Studio C	Lori T.
Please Stay Seated	Thursday	11:00am-11:30am	Studio C	Amy R.
R.I.P.P	Thursday	5:30pm - 6:30pm	Studio C	Rachel P.
Zumba	Thursday	6:45pm-7:45pm	Studio C	Jessica M.
Total Body Training	Friday	5:30am - 6:15am	Gym 3	Sara K.
Fit Fix	Friday	9:00am - 10:00am	Studio C	Cindy C.
Senior Strength Training	Friday	10:00am -10:45am	Studio R	Nicole R.
Muscle Mania	Friday	10:15am -11:15am	Studio C	Rachel P.
Shine	Friday	4:30pm - 5:30pm	Studio C	Jessica M.
Combat Fitness	Saturday	8:05am - 8:45am	Gym 3	Craig F.
Shine	Saturday	9:00am - 10:00am	Studio C	Jessica M.
<b>Dance Fitness</b>	<b>Sunday</b>	<b>1:00pm-2:00pm</b>	<b>Studio C</b>	<b>Amy N.</b>

# Land Fitness

**Barre-** is a great workout using the ballet barre for balance and strength. It's a unique way that is very effective where you will see great results.

**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 this amazing 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 style to give you a total body workout with strong core work.

**Early Morning Bootcamp-** This early morning class will get you ready for the day! This class uses interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle and build strength.

**Butts and Guts-**It is just what the title says! You will work your glutes and abs in this quick 30 minute workout. It will isolate the muscle and focus on just this part of your body. Don't miss this class that will get your *butt* in gear.

**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.

**Combat Fit-** This class uses the techniques of boxing, weight lifting and calisthenics, to give you the best whole body workout.

**Dance Fitness:** Are you ready to burn calories and have fun? Dance like no one is watching and get fit, what could be better? These moves are easy to follow and we will guide you through each combination. Definitely a full body workout!

**Fit Fix-** 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!

**Making the Cut-** Strength training is the number one way to build muscle. This class is the one to take if you want to get the cuts and lines that more muscle can offer. If you are a long time weight lifter or this is your first class, this is the class that will guide you through your journey of strength.

**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.

**Met Con Training-** (or metabolic conditioning) is a short duration, but high effort workout that will burn fat, improve endurance and increase muscular strength and power. Timed intervals and varied levels of intensity will increase efficiency of the three energy systems that fuel your body resulting in a stronger, faster and all around more fit YOU.

**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.

**Please Stay Seated-** Experience strength exercises for your 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.

**R.I.P.P.-** Resistance, Intervals, Power & Plyometric. Effective cardio routines interlaced with weights, resistance & power moves.

**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.

**SHiNE™-** A dance fitness class rooted in traditional dance such as jazz, hip hop and ballet set to great Top 40 music. We take those functional moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer.

**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

Event	Event Day	Event Time	Facility	Staff
Restorative Yoga	Monday	8:00am-8:45am	Studio D	Tracie V.
Soul Fusion	Monday	5:00pm-5:45pm	Studio D	Jenni J.
Vinyasa Yoga	Monday	6:00pm-7:00pm	Studio D	Andey R.
Hot Yoga	Monday	7:30pm - 8:30pm	Studio D	Eva W.
Stretch and Strength	Tuesday	10:00am - 10:45am	Studio D	Amy R.
Yoga Yin	Tuesday	7:00pm-8:00pm	Studio D	Tracie V.
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.
<b>Vinyasa Yoga</b>	Thursday	5:00pm - 6:00pm	Studio D	Andey R.
Meditation and Stretch	Thursday	7:00pm-7:45pm	Studio D	Lauren M.
Restorative Yoga	Thursday	8:00pm - 8:45pm	Studio D	Aimee T.
Early Morning Hot Piyo	Friday	5:15am - 6:00am	Studio D	Jenni J.
Restorative Yoga	Friday	8:00am-8:45am	Studio D	Tracie V.
Yoga	Friday	9:00am - 10:00am	Studio D	Tracie V.
Yoga	Saturday	8:15am - 9:15am	Studio D	Victoria M.
Yoga Foundations	Sunday	1:00pm - 2:00pm	Studio D	Sara K.

**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 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.

**Meditation and Stretch-** 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.

**Soul Fusion-** A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, body weight and weighted strength training exercises all set to crazy fun music. SOUL fusion improves strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. SOUL fusion is all of your favorite workouts wrapped into ONE!

**Stretch & Strength-** A stretching and toning class to work on improving flexibility, balance, coordination, and strength. It is designed to be a full body workout that will help you become a stronger you.

**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-** In this class you will learn about breath work and how to use your breath to move through the sequence of poses. Learn to align, open and strengthen the body gradually while stabilizing the platforms of the feet and ankles, hips, pelvis and shoulder girdle. Class begins with general and targeted warm-up sequences followed by postures which are taught from their foundations using fundamental building blocks to enable students to explore the postures correctly, safely and to their own ability. All levels are welcome.

**Yoga Yin-** is a practice that focuses on the deep connective tissues of the body, stretching them gently through mostly seated postures that are held for a longer duration of time. Yin is the perfect complement to other forms of yoga and exercise that are mostly muscular engagement. All level are welcome.



# Water Classes

Event	Event Day	Event Time	Facility	Staff
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 Mash	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.
Aqua Zumba	Thursday	5:15am - 6:00am	Leisure Area 5	Stephanie S.
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 Challenge	Friday	8:00am - 9:00am	Leisure Area 5	Janice K.
Aerobic Waves	Friday	9:00am - 10:00am	Leisure Area 5	Marcia C.
Tabata Waves	Friday	10:00am - 10:45am	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-** 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 next level of fitness. 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 resistance for your upper and lower body as you 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.



## Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle Burn	Monday	9:00am -9:45am	Gym 3	Lisa J.
Just Spin	Monday	6:00pm-6:45pm	Gym 3	Paula M.
Cycle Burn	Tuesday	5:30pm-6:15pm	Gym 3	Angela O.
Just Spin	Wednesday	6:00pm-6:45pm	Gym 3	Angela O.
Cycle Burn	Thursday	5:15am-6:00am	Gym 3	Angela O.
Inspirational Spin	Friday	9:00am-9:45am	Gym 3	Lisa J.

## Cycle Classes

**Cycle Burn** – Cycle Burn is the high intensity workout you are looking for! Spend your workout time with us for this 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 class that you will not want to miss.

**Just Spin**- Just that! This spin class will take you through several different workouts each class. Get ready to spin!

## DRC +

Event	Event Day	Event Time	Facility	Staff
Yoga+	Monday	12:00pm-12:30pm	Studio D	Kelli F.
Zumba+	Monday	4:00pm-4:45pm	Studio C	Amy N.
Piyo 2+	Tuesday	12:00pm-12:30pm	Studio C	Jenni J.
Muscle Mania Express 2+	Tuesday	4:00pm-4:30pm	Studio C	Rachel P.
Barre 2+	Thursday	5:30am-6:15am	Studio R	Courtney C.
Piyo 1+	Thursday	12:00pm-12:30pm	Studio D	Jenni J.
Mash Up +	Thursday	4:00pm-4:30pm	Studio C	Aimee E.

**NEW! DRC +** - Introducing our new DRC+ classes! DRC+ combines your favorite classes with our 75” TV to provide more flexibility so that you are able to fit more classes in your schedule!

Join your instructor in this pre-recorded fitness class. These classes are a “plus” to our normal fitness schedule.



# Youth Fitness

Event	Event Day	Event Time	Facility	Staff
<b>Speed, Power, Strength (14-19)</b>	<b>Monday</b>	<b>10:00am-11:00am</b>	<b>Gym 3</b>	<b>Lucas W.</b>
Teen Weight Lifting (12-15)	Monday	4:00pm-5:00pm	Fitness Center	Jaden A.
Youth Combat Fitness (11-15)	Tuesday	4:00pm-4:45pm	Gym 3	Craig F.
<b>Youth Bounce Circuit (5-11)</b>	<b>Tuesday</b>	<b>5:00pm-5:45pm</b>	<b>Studio R</b>	<b>Dani M.</b>
Youth Yoga (5-11)	Tuesday	6:00pm-6:30pm	Studio D	Tracie V.
<b>Speed, Power, Strength (14-19)</b>	<b>Wednesday</b>	<b>10:00am-11:00am</b>	<b>Gym 3</b>	<b>Cedric S.</b>
Teen Weight Lifting (12-15)	Wednesday	4:00pm-5:00pm	Fitness Center	Jaden A.
Youth Combat Fitness (11-15)	Thursday	4:00pm-4:45pm	Gym 3	Craig F.

## Youth Fitness

**Speed, Power, Strength**– Come join the Derby High School track coaches for a this sports conditioning class that will focus on sport specific training and to help you improve your strength, conditioning, and endurance.

**Teen Weight Lifting**– Enjoy learning about 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 12-15.

**Teen Yoga**- Get your friends and come and learn yoga in this class that is for all levels. Have fun getting fit, improving strength, balance, flexibility and endurance with challenging poses. You and your friends will also develop emotional equilibrium, self-esteem, and concentration with the deep breathing, relaxation and meditation components of the sessions. Ages 12-15.

**Youth Bounce Circuit**- Ages 5 to 11 are welcome to jump their way into a fun workout! Use the trampolines to get the best workout ever while working on all muscle groups with a circuit style format.

**Youth Combat Fitness**-Come join this fun but challenging class for ages 11-16. You will learn the techniques of boxing, weight lifting and calisthenics, to give you the best whole body workout of your life. All levels are welcomed

## Classes Removed From Previous Schedule

Event	Event Day	Event Time	Facility	Staff
Nothing But Guts	Monday	6:30pm-7:00pm	Studio R	Cindy C.
Barre	Tuesday	7:00am -7:45am	Studio R	Courtney C.
Teen Yoga (12-15)	Tuesday	5:30pm-6:00pm	Studio D	Tracie V.
Butts and Guts	Wednesday	7:00pm-7:30pm	Studio C	Angela O.
Barre	Thursday	7:00am-7:45am	Studio R	Courtney C.
River Bootcamp	Saturday	9:00am-10:00am	Warren Riverview	Joe B.