

GOLD CLASSES BEGINS 9/3/24

MONDAY

| | | | |
|---------------|------------------------------|-----|-----------|
| 6:00a-7:00a | Cycle | L21 | Vicki |
| 7:45a-8:45a | Step & Tone | L14 | Carmelo |
| 9:00a-10:00a | LesMills Bodypump | L14 | Carmelo |
| 9:00a-10:00a | Yoga | MPR | Shiree |
| 9:30a-10:30a | NEW! Latin Heat | L12 | Guillermo |
| 11:15a-12:00p | Balance & Strength | L14 | Denise |
| 5:30p-6:30p | Cycle | L21 | Amanda |
| 6:00p-7:00p | LesMills Bodypump | L14 | Linda |
| 7:15p-8:15p | NEW! WERQ Like A Boss | L14 | Xenia |

TUESDAY

| | | | |
|---------------|-------------------------|-----|-------------|
| 6:00a-7:00a | Total Body Conditioning | L12 | Michael |
| 8:00a-8:50a | Cardio Strength | L12 | Nicole |
| 8:00a-8:45a | Pilates | L14 | Martine |
| 9:00a-9:50a | Zumba | L12 | Nicole |
| 9:00a-10:00a | Sculpt | L14 | Martine |
| 9:00a-9:55a | Chair Yoga | MPR | Shiree |
| 10:00a-10:55a | Chair Yoga | MPR | Shiree |
| 10:00a-10:50a | Zumba - Gold | L12 | Nicole |
| 4:00p-5:00p | Cycle | L21 | Gary |
| 6:00p-7:00p | WERQ | L14 | Xenia/Marie |
| 7:15p-8:15p | Yoga | L12 | Carrie |

WEDNESDAY

| | | | |
|---------------|--------------------------|-----|---------|
| 5:45a-6:30a | NEW! Cycle | L21 | Karen |
| 6:30a-7:15a | NEW! Sculpt | L12 | Karen |
| 7:45a-8:45a | Step & Tone | L14 | Carmelo |
| 9:00a-10:00a | Yoga | MPR | Luanne |
| 9:00a-10:00a | LesMills Bodypump | L14 | Linda |
| 10:00a-11:00a | Cycling for Everyone | L21 | Chick |
| 11:30a-12:15p | NEW! Lunch Crunch | L12 | Michael |
| 6:00p-7:00p | LesMills Bodypump | L14 | Lynn |

SILVER SNEAKER CLASSES

- Tuesday's and Thursday's at 9am & 10am at Lincoln Center
*Pre-registration required
- Friday's at 10:30am at the Recreation Center
*Drop-in – no registration required

GROUP EXERCISE OPTIONS

GOLD - UNLIMITED PASS: \$22/month or \$264/yr

- Ask us about daily fees and punch passes.
- Group exercise classes are for individuals 15 years of age or older.

Ask us about daily fees and punch passes

PREMIER CLASSES

Premier classes are not part of the Gold – Unlimited pass. Punch cards and daily visit passes also cannot be used for these classes as drop-ins are not permitted for Premier classes. These classes are an additional fee and require pre-registration. They typically run in 6-8 week sessions. More information on our Premier classes, including pricing and class descriptions can be found in our seasonal guide, or at dgparks.org. 4500 Fitness members receive a discounted rate on Premier classes.

THURSDAY

| | | | |
|---------------|----------------------------------|-----|-----------|
| 5:45a-6:45a | Cycle | L21 | Amanda |
| 7:15a-8:20a | NEW! Power Pyramid* | L14 | Marie |
| 8:00a-9:00a | Cycle | L21 | Jessica |
| 8:00a-8:45a | Pilates | L12 | Martine |
| 9:00a-9:45a | Barre | L12 | Nicole |
| 9:30a-10:30a | NEW! LesMills Body Combat | L14 | Catherine |
| 9:50a-10:20a | 30-minute Core | L12 | Nicole |
| 10:30a-11:20a | Zumba - Gold | L12 | Nicole |
| 11:15a-12:00p | Balance & Strength | L14 | Denise |
| 6:00p-7:00p | Zumba | L12 | Taisha |

FRIDAY

| | | | |
|---------------|-------------------|-----|---------|
| 5:45a-6:45a | Cycle/Yoga Combo | L21 | Amanda |
| 7:45a-8:45a | Sculpt | L12 | Nicole |
| 9:00a-10:00a | WERQ | L12 | Xenia |
| 9:00a-10:00a | LesMills Bodypump | L14 | Linda |
| 9:15a-10:15a | Yoga | MPR | Shiree |
| 10:30a-11:30a | Silver Sneakers | L12 | Michael |

SATURDAY

| | | | |
|--------------|-------------------|-----|---------|
| 7:15a-8:15a | LesMills Bodypump | L14 | Lynn |
| 8:30a-9:30a | Cycle | L21 | Amanda |
| 8:15a-9:00a | Barre | L12 | Nicole |
| 9:05a-9:35a | Core | L12 | Nicole |
| 9:45a-10:30a | Pilates | L14 | Martine |

*First class 9/19/24

PREMIER CLASSES

MONDAY

| | | | |
|--------------|----------------------------------|----------|---------|
| 9:00a-10:00a | NEW! Walking for Wellness | DG Parks | Vicki |
| 5:50p-6:40p | Hit2Fit | L12 | Anthony |
| 7:10-8:00p | Weight Training for Women | L12 | Vicki |
| 7:45p-8:40p | Pilates with MELT Rollers | MPR | Linda |

TUESDAY

| | | | |
|-------------|---------------|-----|---------|
| 6:00p-6:40p | Pads Striking | L12 | Anthony |
|-------------|---------------|-----|---------|

WEDNESDAY

| | | | |
|---------------|-------------------------------------|-----------|---------|
| 10:00a-10:45a | NEW! Fitness for Pickleball* | Gymnasium | Jim |
| 5:50p-6:40p | Hit2Fit | L12 | Anthony |
| 6:00p-6:55p | TRX | L21 | Linda |
| 6:00p-7:00p | Yoga for Stress Relief/Back Pain | MPR | Kylie |
| 7:10p-8:00p | Weight Training for Women | L12 | Vicki |

THURSDAY

| | | | |
|--------------|----------------------------------|----------|---------|
| 9:00a-10:00a | NEW! Walking for Wellness | DG Parks | Michael |
| 6:00p-6:55p | TRX | L21 | Linda |
| 7:00p-7:55p | TRX | L21 | Linda |

SATURDAY

| | | | |
|-------------|-----------------------------------|-----|-----------|
| 8:30a-9:30a | NEW! Dance Your Weight Off | L14 | Guillermo |
|-------------|-----------------------------------|-----|-----------|

*First class 11/13/24

30-MINUTE CORE: Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

BALANCE & STRENGTH: Train and slow down the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention, and balance. Enjoy practical exercises and approaches for training brains and bodies. Use of a chair is optional for this class.

BARRE: Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet or gym shoes can be worn.

CARDIO STRENGTH: This class incorporates both high and low impact cardio moves, intermingled with exercises that target and strengthen various muscle groups. This class may utilize different methods including HIIT, Tabata, and weight training.

CHAIR YOGA: Practice yoga in a chair. Gently strengthen your spine and core, while increasing flexibility and mobility. Takeaways from this class are relaxation and improved balance.

CYCLE: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

CYCLING FOR EVERYONE: A spin class designed for everyone! A perfect fit for those looking for a low-impact cardio fitness class. This class accommodates those new to indoor cycling, active adults, seniors, and athletes looking for a recovery ride. It's time to Ride!

LATIN HEAT: This is a full body cardio class where the fun of exercise is about the music! It is all about the exciting rhythms of Latin music and Latin moves of salsa, merengue, bachata, chachara, and more.

LES MILLS BODY COMBAT: A total body workout where you'll punch and kick your way to fitness, burning up calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A certified Les Mills (TM) instructor will challenge you to up the intensity and motivate you to make the most out of every round. You'll release stress, have a blast, and feel like a champ!

LES MILLS BODY PUMP: A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

PILATES: Stand taller; learn the fundamentals of pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength and flexibility for the entire body. Props may be included to assist in movements.

SCULPT: Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

TOTAL BODY CONDITIONING: This is an all in one complete body conditioning class, focusing on using simple equipment with an interval training style to improve cardio, agility, strength, and balance. Appropriate for all ages and fitness levels. Whether you're a group class veteran or brand new to the gym, TBC will benefit you!

WERQ: WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

YOGA: Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

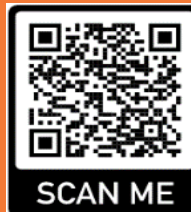
POWER PYRAMID: This class is all about the reps! 9 exercises performed in an interval style training that builds strength and power with a cardio boost. Guaranteed to get you moving and blast calories. Modifications will be shown for all moves, and it is encouraged to go at your own pace. This is a great class option for all levels!

LUNCH CRUNCH: Looking to get a quick workout in during your lunch hour? This full body workout will include cardio moves with intervals of strength building moves. This class is convenient and efficient workout for all levels!

WERQ LIKE A BOSS: WERQ Like a Boss combines dance for cardio, resistance training for strength, and stretching for mobility. The first half of the workout is WERQ cardio dance and second half is dedicated to resistance training, core work, and flexibility. It's everything you need in one hour to get back to being the CEO of your health and wellness!

SILVER SNEAKERS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, resistance bands, and exercise balls are offered for resistance. A chair is used for seated or standing support.

ZUMBA: Ditch the Workout and Join the Party! Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.



GROUP FITNESS CLASS UPDATES

Receive updates for group fitness classes including class changes and cancellations by scanning the QR code on your phone, then subscribe via email and/or text.