

MONDAY			
6:00a-7:00a	Cycle	L21	Vicki
7:15a-8:00a	NEW! Step & Tone*	L14	Denise
9:00a-10:00a	NEW! Circuit Strength	L14	Cynthia
9:00a-10:00a	Yoga	MPR	Vicki
9:30a-10:30a	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	WERQ Like A Boss	L14	Xenia

TUESDAY			
6:00a-7:00a	Total Body Conditioning	L12	Michael
8:00a-9:00a	NEW! Cycle	L21	Gary
8:00a-8:50a	Cardio Strength	L12	Nicole
8:00a-8:45a	Pilates	L14	Martine
9:00a-9:50a	Zumba	L12	Nicole
9:00a-9:55a	Sculpt	L14	Martine
9:00a-9:55a	Chair Yoga	MPR	Vicki
10:00a-10:55a	Chair Yoga	MPR	Vicki
10:00a-10:50a	Zumba - Gold	L12	Nicole
10:10a-10:55a	NEW! Silver Sneakers Circuit	L14	Denise
5:30p-6:30p	WERQ	L14	Xenia/Marie
7:15p-8:15p	Yoga	L12	Carrie

WEDNESDAY			
7:30a-8:30a	NEW! WERQ	L12	Marie
7:45a-8:45a	Step & Tone	L14	Linda
9:00a-10:00a	Yoga	MPR	Luanne
9:00a-10:00a	LesMills Bodypump	L14	Linda
10:00a-11:00a	Cycling for Everyone	L21	Chick
11:00a-11:45a	NEW! Silver Sneakers Classic/Circuit	L14	Dawna
11:30a-12:15p	Lunch Crunch	L12	Michael
6:00p-7:00p	LesMills Bodypump	L14	Lynn

THURSDAY			
5:45a-6:45a	Cycle	L21	Amanda
7:15a-8:20a	Power Pyramid	L14	Marie
8:00a-9:00a	Cycle	L21	Jessica
8:00a-9:00a	NEW! Yoga**	MPR	Beth
8:00a-8:45a	Pilates	L12	Martine
9:00a-9:45a	Barre	L12	Nicole
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
6:00p-7:00p	NEW! Barre Fusion	L14	Dawna

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	Vicki
10:30a-11:30a	Silver Sneakers Classic	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

SUNDAY			
8:45a-9:45a	Zumba Toning	L12	Dawna
9:45a-10:15a	NEW! Pound	L12	Dawna
10:20a-10:50a	NEW! On the Ball	L12	Dawna

*Class will begin at new time on 1/13/24. Class on 1/6 will be held at 7:45am with Carmelo.

*Class will be Bodypump with Carmelo on 1/6/24.

** Class will begin on 1/9/25.

*** Class will class will begin on 1/18/25.

PREMIER CLASSES

MONDAY			
5:50p-6:40p	Hit2Fit	L12	Anthony
7:10-8:00p	Strength Training for Women	L12	Vicki
7:30p-8:25p	Pilates with MELT Rollers	MPR	Linda

TUESDAY			
7:00a-7:45a	NEW! Tai Chi	MPR	Zuzana
6:00p-6:40p	Boxing Pads Striking	L12	Anthony

WEDNESDAY			
10:15a-11:00a	Fitness for Pickleball*	L12/Gym	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/ Core	MPR	Kylie
7:10p-8:00p	Strength Training for Women	L12	Vicki

THURSDAY			
9:00a-9:50a	NEW! NeuroFIT	L14	Michael
6:00p-6:55p	TRX	L21	Linda
7:00p-7:55p	TRX	L21	Linda

SATURDAY			
10:45a-11:45a	Dance Your Weight Off	L14	Guillermo

SILVER SNEAKER CLASSES

■ Tuesday's and Thursday's at 9am & 10am at the Lincoln Center

*Pre-registration required

■ Tuesdays at 10:10am., Wednesdays at 11am and Friday's at 10:30am at the Recreation Center

*Drop-in – no registration required



30-MINUTE CORE: Strengthen your core with upright and floor exercises that target all planes of motion for improved functionality and movement.

BALANCE & STRENGTH: Enhance cardiovascular health, strength, flexibility, and balance with exercises designed for all levels, with optional chair use.

BARRE: Low-impact moves combining strength, balance, and cardio for a full-body workout. Strengthen your core and reshape safely.

BARRE FUSION: A high-energy class blending ballet-inspired movements, strength training, and cardio bursts to tone and sculpt your body.

CARDIO STRENGTH: High- and low-impact cardio interspersed with strength exercises using techniques like HIIT and Tabata.

CHAIR YOGA: Gentle yoga performed in a chair to increase flexibility, mobility, balance, and relaxation.

CIRCUIT TRAINING: A full-body workout combining strength, cardio, and endurance to build stamina, strength, and agility. Suitable for all fitness levels.

CORE: 30 minute attack on your core from every angle along with upright movements that require core muscles to work in all three planes of motion.

CYCLE: Cardio endurance cycling over simulated terrains to build leg and core strength. Great for all levels.

CYCLING FOR EVERYONE: A low-impact spin class tailored for beginners, seniors, and those seeking a recovery ride.

LATIN HEAT: Dance to exciting Latin rhythms with moves from salsa, merengue, bachata, and more for a full-body cardio workout.

LESMILLS BODY COMBAT: A high-energy, martial-arts-inspired workout to burn calories, build confidence, and relieve stress.

LESMILLS BODYPUMP: A total-body strength class with scientifically-backed moves to tone, shape, and improve bone health.

LUNCH CRUNCH: Quick, effective cardio and strength training during your lunch hour.

ON THE BALL: Improve balance, core strength, and posture with Swiss ball exercises for functional fitness.

PEDAL & PUMP: Combine cycling for cardio with off-bike strength training to tone and energize.

PILATES: Strengthen your core and improve balance, flexibility, and posture using Joseph Pilates' methods.

POWER PYRAMID: Build strength and cardio endurance with interval-style reps for all fitness levels.

POUND: Drum your way to fitness in this cardio workout using lightly weighted drumsticks and rhythm-based moves.

SCULPT: Reshape your body with dumbbells, bands, and bars while burning calories post-workout.

SILVER SNEAKERS CLASSIC: A low-impact class to improve strength, flexibility, and balance for active older adults using weights and resistance bands.

SILVER SNEAKERS CIRCUIT: A low-impact cardio and strength class for active older adults. Uses weights, tubing, and an exercise ball with modifications for all fitness levels.

STEP & TONE: A fun, motivating cardio step workout with guided repetitions and toning exercises to build muscle definition.

TOTAL BODY CONDITIONING: Full-body conditioning using interval training to enhance cardio, agility, and strength.

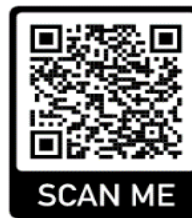
WERQ: A fun, judgment-free cardio dance workout to pop and hip-hop hits.

WERQ LIKE A BOSS: Combine WERQ cardio dance with resistance training and stretching for a complete workout.

YOGA: Hatha yoga to improve flexibility, strength, circulation, and mindfulness with meditation and breathing techniques.

ZUMBA: An interval-style dance workout blending low- and high-intensity moves for a calorie-burning dance party.

ZUMBA GOLD: Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms.



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.

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 require pre-registration and are not included in the Gold – Unlimited pass, punch cards, or daily visit passes. Drop-ins are not permitted. These classes run in 6–8 week sessions for an additional fee. 4500 Fitness members receive discounted rates. For details, including pricing and descriptions, visit dgparks.org or check our seasonal guide.

**VIEW FULL CLASS DESCRIPTIONS AT
4500FITNESS.ORG**