



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DOW WESTSIDE GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b> CLASSES	5:45-6:45 <u>Spin</u> (I,II,III) (Steve)  8:15-9:15 <u>AquaFit</u> (I,II,III) (Cindy)  8:30-9:15 <u>Step N Tone</u> (I,II,III) (Kayne)  9:15-9:30 <u>Hard Core Abs</u> (II,III) (Kayne)  10:15-11:15 <u>Enhance Fitness®</u> <u>Easy Does It (I,II)</u> (Jane)	8:30-9:15 <u>20-20-10</u> (Body Sculpt) (I,II,III) (Kayne)  9:15-10:00 <u>Yoga/Pilates</u> (I,II,III) (Ashly)  10:15-11:15 <u>Enhance Fitness®</u> <u>Easy Does It (I,II)</u> (I,II) (Jane)	5:45-6:45 <u>Spin</u> (I,II,III) (Steve)  8:15-9:15 <u>AquaFit</u> (I,II,III) (Cindy)  8:30-9:15 <u>Circuit Training</u> (I,II,III) (Kayne)  9:15-9:30 <u>Hard Core Abs</u> (II,III) (Kayne)  10:15-11:15 <u>Zumba Gold®</u> (I,II) (Donna)	9:00-9:30 <u>On the Ball</u> (I,II,III) (Jennifer)  9:30-10:00 <u>Spin</u> (I,II,III) (Paige)  10:15-11:15 <u>Enhance Fitness®</u> <u>Easy Does It (I,II)</u> (I,II) (Jane)	5:45-6:45 <u>Spin</u> (I,II,III) (Steve)  8:30-9:15 <u>Step N Tone</u> (I,II,III) (Kayne/Michelle)  9:15-9:30 <u>Hard Core Abs</u> (I,II,III) (Kayne/Michelle)  10:00-10:45 <u>Zumba Gold®</u> (I,II) (Donna)	9:00-9:45 <u>Step N Tone</u> (I,II,III) (Dusti)  9:00-9:45 <u>Spin</u> (I,II,III) (Paige/Tiffany)  9:45-10:30 <u>Body Sculpt</u> (I,II,III) (Dusti)
<b>PM</b> CLASSES	4:45-5:15 <u>Spin</u> (I,II) (Beginner) (Paige)  5:15-6:00 <u>Kidfit</u> (Shaundra)  5:15-5:25 <u>Hard Core Abs</u> (I,II,III) (Michelle)  5:30-6:15 <u>Step N Tone</u> (II,III) (Michelle)  5:30-6:15 <u>Spin</u> (I,II,III) (Paige)  5:30-6:30 <u>AquaFit (I,II,III)</u> (Jane)	4:45-5:15 <u>Spin</u> (I,II,III) (Lindsay)  5:15-5:25 <u>Hard Core Abs</u> (I,II,III) (Tish)  5:25-6:15 <u>Enhance Fitness®</u> <u>Challenge (CR)</u> (I,II) (Tish)  5:30-6:15 <u>Kickboxing</u> (II,III) (Dusti)  5:30-6:15 <u>Spin</u> (I,II,III) (Lindsay)  6:15-7:15 <u>ZUMBA®</u> (II,III) (Tania)	4:45-5:15 <u>Spin</u> (I,II,III) (Paige)  5:15-5:25 <u>Hard Core Abs</u> (I,II,III) (CR) (Dusti)  5:30-6:15 <u>Spin</u> (I,II,III) (Tiffany)  5:30-6:15 <u>Step</u> (I,II) (Beginner) (Dusti)  5:30-6:30 <u>AquaFit (I,II,III)</u> (Jane)  6:15-7:00 <u>Pilates</u> (I,II,III) (Layne)	4:45-5:15 <u>Spin</u> (I,II,III) (Toni)  5:15-5:25 <u>Hard Core Abs</u> (II,III) (Lindsay)  5:30-6:15 <u>Spin</u> (I,II,III) (Tiffany)  5:25-6:15 <u>Boot Camp</u> (II,III) (Lindsay)  6:15-7:15 <u>ZUMBA®</u> (II,III) (Tania)	<h3 style="text-decoration: underline;">Sign up Today!</h3> <p><b>Youth:</b> Karate Cheer /Tumbling Class Summer Camp</p> <p><b>Adult/Fitness:</b> *Women On Weights *High Intensity Interval Training *Group Personal Training *Individual Personal Training</p> <p>*Branch Calendar and Summer Program Guide Available! *Complete an assessment with your fitness attendant today!</p>	
					<p><b>Intensity Ratings:</b> I-Beginner II-Intermediate III-Advanced</p> <p>*CR- Class held in Community Room **All classes provide modifications for all fitness levels **Please notify instructors of any current or previous medical or physical conditions.</p>	

## CLASS DESCRIPTIONS

**20-20-10:** 20 minutes of cardio, 20 minutes of strength, and 10 minutes of core training, flexibility and stretching in one class! This allows you to sample a little bit of everything.

**A.O.A (Active Older Adults):** Come and join our low impact senior aerobic class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

**AquaFit:** A shallow water fitness class appropriate for non swimmers which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

**Body Sculpting:** Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work out your total body. You will also get your heart pumping for a great cardiovascular workout.

**Circuit Training** -This is a high intensity circuit class incorporating components such as aerobic conditioning, agility, balance, speed, and muscular endurance. In this class, you may be using your own body weight or various props such as weights, body bars, BOSU, jump ropes, medicine balls and much more.

**EnhanceFitness Easy Does It:** EnhanceFitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. This beginner level, low impact class, focuses on four key areas important to the health and fitness of mature participants: stretching and flexibility; low impact aerobics; strength training with wrist and ankle weights; and balance. Class is designed to be safe yet challenging. All exercises in this class are designed to fit the needs of all activity levels.

**EnhanceFitness Challenge:** EnhanceFitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. This class is a little more challenging and consists of exercises for the intermediate/advanced activity level. It focuses on four key areas important to the health and fitness of mature participants: stretching and flexibility; low impact aerobics; strength training with wrist and ankle weights; and balance. This class is designed to be safe, yet challenging. All exercises in this class are designed to fit the needs of all activity levels.

**Hard Core Abs :** Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off low back pain!

**Kickboxing :** A cardiovascular workout that uses punches kicks and blocks to increase your heart rate. This fun, energizing class offer various levels to meet everyone's needs, we will also work on endurance and strength and coordination while burning tons of calories and learning the basic to advance moves. It uses creative choreography to get your heart pumping and offers a total body workout.

**Kid Fit :** It is a physical fitness program designed specifically for children between the ages of 6-12. Kids Fit uses circular training program for strength and cardio training, while enhancing balance and motor skills. Sign in at the Kids Club.

**On the Ball:** This workout is designed to sculpt and tone your entire body. Experience an intense yet fun workout by combining unique sequences of traditional and contemporary body sculpting exercises. Ball training heightens postural awareness, spinal stabilization, balance, and core strengthening. This session will give you a total body workout and you'll have a ball doing it.

**Pilates :** This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture alignment, balance, and flexibility. A fresh spin on basic Pilates mat work, using all sorts of props- rings, bands, balls- to name a few. Each class will be introducing new choreography for a fun, exciting, and effective workout. This class will lengthen and strengthen your entire body using core muscles.

**Spin :** Our indoor cycling class starts with a 5 minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will also offer a cardio challenge by using different speeds, resistance, and endurance segments.

**Step N Tone :** This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations you'll forget that you are working out.

**Yoga/Pilates:** This class is made up of a mix of yoga and pilates moves.

**ZUMBA®:** Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class? It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

**Zumba Gold®:** Designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold® is done at a lower intensity, not as fast, but it certainly is as fun.