

Dimple Dell Fitness & Recreation Modified Aerobics Schedule- Fall/Winter Low Exertion Classes (plus outside classes)

AEROBICS ROOM

** Classes are subjected to change without notice!!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Pilates <i>Jenn</i>			Stretch and Strength <i>Vicky A</i>	
7:30 AM	Pilates <i>Jenn</i>		Cardio/ Interval (OUTSIDE) <i>Jenn</i>		Pilates <i>Jenn</i>	
9:00 AM			Pilates <i>Jenn</i>			
10:30 AM	Yoga <i>Angela</i>	Keep Moving <i>Bethne</i>	Yoga & You 101 <i>Karen P</i>	Keep Moving <i>Bethne</i>	Yoga & You 101 <i>Karen P</i>	Yoga (11:00 am) <i>Carrie</i>
5:30 PM				Cardio/ Strength (5:00pm) (OUTSIDE) <i>Lisa Mc</i>		
7:00 PM		Yoga- Fitness Flow <i>Val J</i>	Yoga <i>Karen P</i>	Yin Yoga <i>Val J</i>		

Multi-Purpose Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cycling - Endurance Ride <i>Jenn</i>					Cycling- Endurance Ride (8:00 am) <i>Kellie</i>
9:00 AM				Cycling - Endurance Ride <i>Jenn</i>		
10:30 AM	Strength and Stretch <i>Vicky A</i>				Strength & Stretch <i>Theresa</i>	
5:30 PM	Cycling - Endurance Ride <i>Scott</i>					

SMALL GYM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		Zumba GOLD <i>Michele</i>		Zumba GOLD <i>Michele</i>		

Indoor Water Aerobics

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Senior and Friends <i>Monica H.</i>	Pilates <i>Theresa H.</i>	3-2-1-Go <i>Val J.</i>	Shallow Water Class <i>Karen/Rotating</i>	Aqua Zumba <i>Karen</i>	

During our modified aerobics schedule, we will have very limited class numbers available. Registration for a class will be required. No walk-ins will be allowed. There will be no childcare services available during this time.
All foam equipment will be unavailable, please bring our own yoga mats.

Water Walking will be available daily, there will not be an instructor present.

Class Descriptions

Cardio/Interval– OUTSDIE: Research shows that interval training is a great way to get more “bang for your buck.” Your heart rate will be up and down constantly in this hour. Be ready for anything goes!

Pilates: A variable, high intensity & fun mix of Pilates, ballet inspired exercise, yoga, and athletic conditioning in a great workout that will help build strength, flexibility, balance and sculpt you in all the right places.

Endurance Cycling: Endurance training sessions challenge the body physically and mentally as the rider adapts to holding a steady position and steady heart rate for extended periods of times. This improves mental discipline as well as aerobic efficiency.

Keep Moving: A gentle approach to fitness for those who may be overweight, arthritic, prenatal, postnatal. Exercise for a healthy lifestyle by using appropriate low-impact aerobics, muscle conditioning, balance and coordination techniques and stretching.

Cardio/Strength-OUTSIDE Come prepared to challenge yourself with this fast-paced, FUN, calorie-blasting workout, using an interval style approach that can include weights, cardio drills, games, core-building, speed and agility drills, balance, and more.

Strength & Stretch: Class focuses on core muscles with both strengthening exercises and those geared towards greater flexibility. Spri Balls, light weights, stretch bands, and other equipment will be used throughout the class. Great prerequisite class to power pump, core fusion, and interval training.

Yoga Fit Flow: An active yoga practice that builds on repetition and intensity– perfect for all abilities.

Yoga and You: Yoga is for everyone! Come and learn about the yoga practice and how it can help you feel absolutely amazing. Yoga is not just about stretching but also incorporates all of the body systems to promote health and healing! Geared towards new students. Extra time will be spent on practicing basic poses, the lingo, and flexibility.

Yin Yoga: A passive yoga practice designed to stretch the connective tissues that surrounds knees, hips, and spine. Poses will be held for longer periods of time allowing for a more meditative practice.

Water Aerobics: If you haven't tried it you've been missing out! You'll be surprised how many calories you burn as you use the water's resistance to build muscle strength and cardio endurance! You can't find a better exercise for your joints. Jump in and join us today.

Water Aerobics—Seniors and Friends: Although this class is geared toward more mature adults, everyone is invited to participate. This is a great workout for those who like a mid-day aerobic treat.

Water Aerobics—Basics & Pilates: Too intimidated to jump into water aerobics? Don't be! Come learn the basics as well as increase your core strength and flexibility with Pilates in the water.

Zumba: Zumba Gold (slower moves for seniors, pre/post natal, etc.) and Aqua Zumba (in the water for those with joint pain) also offered!