



## Group Exercise Class Descriptions

### Group Fitness Classes: All Classes require either a Group Fitness pass or separate class registration

Butts and Guts	A 45-minute class incorporating exercises that concentrate on the glutes and abdominals.
Cardio & Core	A great mix of cardio activities such as jump rope, step or athletic drills followed with Core and balance work.
Cardio Jam	A high energy, continuous cardio class that will have you running, jumping, squatting and sweating!
Have A Ball!	Big balls, little balls, weighted balls, stability balls and Bosus will be used in his light cardio/strength class.
Kick & Sculpt	A fat-burning cardio kickboxing workout followed with sculpting and abdominal exercises.
Lean & Fit	Fire up your metabolism and get lean with this "back to basics" cardio/conditioning class.
PiYo	A great combination of Pilates mat work and Yoga stretches and poses.
Power Sculpt	Tone-up and build muscle through this no-impact strengthening program using a variety of equipment.
Power Sculpt PLUS	A strength building/ muscle toning class PLUS plyometric and athletic drills to start your day off right!
Total Body Workout	An athletic workout using a variety of equipment combining resistance training and continuous cardio training.
SculptXpress	A 45 minute sculpting/strength training class perfect for your lunchtime workout!
Step	A classic, high intensity cardio class using a Step platform and great choreography.
Step & Sculpt	30-40 minutes of continuous Step Training followed by sculpting exercises to tone your whole body!
Turbo Kick	A fast-paced kickboxing workout set to the hottest dance music. A workout party!
20/20/20	A great mix with 20 minutes of Kickboxing, 20 minutes of Step/BOSU and 20 minutes of strength work.
Zumba Sculpt	A 45 minute class mixing Zumba with strength training and sculpting moves for an all over workout!
Zumba	A Latin Dance inspired aerobics class guaranteed to make you move, sweat and have fun!

### Spinning Classes: Indoor Cycling

Spinning	A 40 - 50 minute calorie-burning indoor cycling workout.
Spin Plus	A Spinning workout plus Cardio drills for a total body workout on and off the bike.
Spin / Core	Spin for 45 minutes and finish up with abdominal exercises for a complete workout.
Spin Express	A 45 spin-only class great for a lunchtime workout!

All classes denoted with an asterisk (\*) are specialized, progressive classes that require a class fee and run on 4 - 6 week schedules. Check the DCRC Brochure for a class descriptions, class schedules, and fees.

*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension.
*Pilates	Using the Pilates Reformer machine, this class helps build balanced strength and flexibility. See brochure for class ability levels.
*Power Yoga	A more physically challenging yoga class designed to develop strength, endurance, flexibility and balance.
*Senior Yoga and Pilates	Same format as the other classes with appropriate modifications for mature patrons.
*Spin for Weight Loss	An eight week course that incorporates Spinning workouts with weight loss strategies to help you get in shape!

### Instructors

Megan Amaya  
 Kim Anderson  
 Bill Arrighi  
 Andrea Ashley  
 Peg Baun  
 Julie Borghese  
 Aubrey Caldwell  
 Liz Carroll  
 Patti DelCiello  
 Jill D'Ooge  
 Vicki Federico  
 Jamie Friday  
 Katie Georgenson  
 Sally Gill  
 Lauren Glovac  
 Bill Guthery  
 Annie Johnston  
 Carol Laymon  
 JoAnn McDaniel  
 Renee Phillips  
 Beth Politz  
 Becky Riger  
 Kara Schooley  
 Kerry Sobieski  
 Kelly Stone  
 Suzanne Walker  
 Shelley Ware  
 Jeanne Weller  
 Nancy Wetzel  
 Lori Wolfe