

Group Fitness Classes: Winter 2010

Aerobic Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:55a	Step Beth	Power Sculpt Andrea	Step Beth	Power Sculpt Suzanne	Cardio Jam Beth
7:30 - 8:25a	Power Sculpt Suzanne	Cardio Interval Suzanne	Power Sculpt Suzanne	PIYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	PIYo Suzanne	*TRX Intervals Jody	Cardio Interval Suzanne	8:30-9:25a *TRXpress Jody	Cardio Interval Suzanne
9:30 - 10:25a	Power Sculpt Suzanne	Cardio Kick & Sculpt Shelley	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne
10:30 - 11:30a		*Hatha Yoga Leslie	*Senior Yoga Pat	*Hatha Yoga Leslie	Total Body Workout Kelly
12:00 - 12:55p	Zumba Jill	12 - 12:45p SculptXpress Julie	Turbo Kick Kerry	12 - 12:45p Zumba Sculpt Jill	12-12:45p Butts&Guts Renee
1:30 - 2:30p					1:15 - 2:45p Senior Line Dancing
4:30 - 5:25p	Step & Sculpt Julie				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	Total Body Workout Megan	All Star Workout! Rotating
6:30 - 7:25p	ZUMBA Aubrey	*Hatha Yoga Leslie	ZUMBA Aubrey	*Hatha Yoga Leslie	*Karate/Self Defense
7:30 - 8:25p	7:30 - 8:15p Butts&Guts Katie	Lean & Fit Kara	*Karate / Self-Defense		

Classes with an (*) are program classes that run in sessions. See a DCRC Brochure for class times and fees.

Schedule begins Monday, March 1st!

Aerobic Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:45a Spinning Bill		5:45 - 6:45a Spinning Bill		5:45 - 6:45a Spinning Lauren	8:30-9:30a Spinning Kim/Julie
				8:30 - 9:25a *Pilates (adv) Carol	10:00 - 10:55a *Pilates (int) Peg
9:30 - 10:25a 20/20/20 Kerry	9:30-10:30a Spin Plus Sally	9:30-10:25a *Pilates (beg) Peg	9:30 - 10:25a Spinning Jamie	9:30 - 10:25a *Pilates (adv) Carol	
10:40-11:40p *Yes I Can Sr. Pilates Peg	10:30-11:30a *Functional Fitness Sally	10:35 - 11:30a *Pilates Beg/Int Suzanne	10:40 - 11:40a *Yes, I Can Sr. Pilates Carol		
12 - 12:45p Spin Express Jamie	11:30 - 1:30 *HBC Group Training	12:00 - 1:00p Spin / Core Julie	*HBC Group Training	12 - 12:45p Spin Express Julie	
1 - 1:55p Pilates (Beg) Peg				1:15 - 2:45 Senior Line Dancing	
4:00 - 5:00p *Teen Spin Bill G					
5:45 - 6:45p Spinning Kim	5:30 - 6:25p *Pilates(int) Carol		5:30 - 6:25p *Pilates(beg) Julie	5:45 - 6:45p Spinning Lori	8:30 - 9:30a Spinning Kim
7:00 - 8:00p *Power Yoga Loretta	6:30 - 7:25p *Pilates(adv) Carol	6-7p Spinning Lori	6:30 - 7:25p *Pilates(Int) Julie		9:45 - 11:00a *Spin for Weight Loss Kim
	7:45 - 8:45p Spinning Jackie		7:45-8:45p Spinning Lori		12:30 - 1:30p Spinning Bill/Liz

All DCRC class schedules coincide with the Dublin City Schools. Whenever schools are released early, evening classes are cancelled. When school is cancelled, all daytime classes are cancelled. A decision regarding evening classes will be made by 3pm. Please call the Information Hotline @ 410-4946 for updates.

Group Exercise Class Descriptions

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

All Star Workout	Shake up your routine by trying a different class each Friday! Formats include Lean & Fit, Turbo Kick, Step and Zumba.
Butts and Guts	A 45-minute class using exercises that concentrate on the gluts and abdominals.
Cardio Interval	Short sessions of cardio work(Step, Bosu and/or Kickboxing) followed by segments of strength training.
Cardio Jam	Continuous cardio training mixing Kickboxing, Step, BOSU, and/or athletic drills finishing up with strength and ab work.
Cardio Kick & Sculpt	Kickboxing drills and combinations followed by sculpting and ab exercises for a full body workout.
Lean & Fit	Fire up your metabolism and get lean with this "back to basics" cardio/conditioning class.
PiYo	The strength of Yoga combined with the flexibility and core work of Pilates.
Power Sculpt	Tone-up through this no-impact strengthening program using a variety of equipment.
Total Body Workout	This athletic workout combines cardio activities with strength building exercises for a Total Body Workout!
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 interval 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, cardiovascular workout.
Spin Plus	Spinning 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	The Reformer facilitates balanced strength and flexibility, suitable for a wide-range of participants.
*Power Yoga	Derived from Ashtanga yoga, developing strength, endurance, flexibility and balance.
*Pre-Natal Yoga	By a Mom for Moms. Moves modified for all ability levels.
*Senior PiYo, Yoga, Pilates	Same format as the other classes with appropriate modifications for mature patrons.
*Spinning for Weight Loss	A program that combines Spinning exercises with weight loss/nutrition information to help you lose weight and get in shape.
*TRXpress (30 min)	A unique total body workout using your own body weight and the TRX Suspension training system.
*TRX Intervals	A challenging workout using the TRX system and other equipment in an interval training format.

Instructors

Kim Anderson
 Bill Arrighi
 Andrea Ashley
 Peg Baun
 Julie Borghese
 Aubrey Caldwell
 Liz Carroll
 Patti DelCiello
 Jill D'Ooge
 Vicki Federico
 Jackie Forsthoffer
 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
 Nancy Wetzel
 Lori Wolfe
 Megan Wolfe