



## Group Exercise Class Descriptions

<b>Group Fitness Classes:</b>	
<b>All Classes require either a Group Fitness pass, trial pass or separate class registration</b>	
Barbell	A NEW class format designed to work each major muscle group using barbells and plates set to motivating music. M7:35p TU 8:40a W 5:30p FR 10:45a, 12p SA 8:15a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Core & More!	A class designed to work your abs and core in new and challenging ways...and more!! Su 9a
Cardio Circuit	A perfect combination of cardio and sports drills along with total body strength exercises. W 12p
Have A Ball!	Big balls, little balls, weighted balls, stability balls and Bosus will be used in this light cardio/strength class. FR 8:40a
PiYo	A great combination of Pilates mat work and Yoga stretches and poses. M 8:40a, TU 7:30a, TH 7:30a
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment. M 7:30a, 9:40a, 5:30p WE 7:30a, 8:40a FR 7:30a, 9:40a
SculptXpress	A 45 minute sculpting/strength training class perfect for your lunchtime or morning workout! TU 12p
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Strictly Strength	No running or Jumping, just total body strengthening and defining! TU 6a
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! M 4:30p, TU 9:40a, TH 5:30p, SA 10:30a
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises. M 9:40a
20/20/20	You'll never get bored with this mix of 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a, TH 9:40a
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape! M 12p, 6:30p WE 9:40a, 6:30p, TH 12p, FR 5:30p, SA 9:15a, SU 6pm
ZumbaToning	This class mixes Zumba fitness with toning exercises using light weights for an all over workout! TU 6a
<b>Spinning (Indoor Cycling) Classes: Use your Group Fitness Pass or trial pass. If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.</b>	
Spinning	A 40 - 50 minute calorie-burning indoor cycling workout completed with cooldown and stretching. M 5:45a, 5:45p TU 9:45a, 7:45p WE 5:45a, 6:15p TH 9:45a, 7:45p FR 5:45a SA 8:30a SU 8:30a, 5p
Spin Express	A 45 spin-only class great for a lunchtime workout! M 12p, W 12p, FR 12p
* Spinning for Kids	A Spinning class especially for kids ages 11-14. Learn proper bike set-up and pedal strokes as you get a great workout!
<b>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 or website <a href="http://www.dublin.oh.us">www.dublin.oh.us</a> for class descriptions, class schedules, and fees.</b>	
*Fitastic	Get off the couch and into shape with this fun-filled fitness class just for kids ages 8-12!
*Functional Fitness	A fitness class designed for active older adults to build strength, balance and coordination. Tu 10:45a
*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Tu 10:45a, 6:30p TH 10:45a, 6:30p
*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. M 10:45a, 7p
*Senior Yoga and Pilates	Same format as the other classes with appropriate modifications for mature patrons. See Brochure for days/times
*TRX Intervals	A strength building class using the TRX Suspension Training system, as well as your own body weight. TU 7:30p
*Yoga in the Afternoon	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba Gold	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a TH 8:40a
*Zumba for Everyone	A Zumba workout but with more instruction on the steps and rythms included - you must register for this class. TH 7:30p

## Instructors

Kim Anderson  
 Bill Arrighi  
 Andrea Ashley  
 Shirlee Ashworth  
 Peg Baun  
 Julie Borghese  
 Aubrey Caldwell  
 Terry Carano  
 Patti DelCiello  
 Jill D'Ooge  
 Vicki Federico  
 Jamie Friday  
 Katie Georgenson  
 Sally Gill  
 Lauren Glovac  
 Bill Guthery  
 Belinda Gutierrez  
 Angie Hise  
 Melissa Jackson  
 Elizabeth Katsares  
 Carol Laymon  
 JoAnn McDaniel  
 Bruce McVeety  
 Kailee Miller  
 Lara Nowak  
 Matt Ogden  
 Renee Phillips  
 Beth Politz  
 Becky Riger  
 Kara Schooley  
 Kerry Sobieski  
 Mollie Steiner  
 Kelly Stone  
 Suzanne Walker  
 Shelley Ware  
 Lori Wolfe  
 Ann Young