



DWC Group Fitness & Gym Schedule

May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30am Yoga Mat or Chair Olivia - Group-X Room	6-6:45am Cardio Strength Intervals Donna - Gym	6:30-7:30am Yoga Mat or Chair Olivia - Group-X Room	6-6:45am Cardio Strength Intervals Donna - Gym	7-8am Sunrise Yoga Valentine - Group-X Room	9-10am Breathe Donna - Group-X Room
8:00-8:45am Pilates Fusion Olivia - Group-X Room	8:30-9am Chair Strength Valentine - Gym	6:30-7:30am Cardio Waves Donna - Pool	8:30-9am Chair Strength Donna - Gym	6:30-7:30am Cardio Waves Donna - Pool	9-10am Aqua Zumba Lisa - Pool
9:15-10:15am Functional Mobility Donna - Gym	9-9:30am Chair Yoga Valentine - Gym	8am-8:45 Pilates Fusion Olivia - Group-X Room	9-9:30am Chair Yoga Donna - Gym	9-10am Chair & Zumba Lisa - Gym	10:30-11:30am Zumba Peaches - Gym
11:10-11:55am Butts & Guts Adia - Group-X Room	9:40-10:30am Deep Water Weights Karen - Pool	9:15-10:15am Functional Mobility Donna - Gym	9:40-10:30am Deep Water Weights Karen - Pool	10-11am Chair Volleyball Liz - Gym	
12-12:45am Yoga Adia - Group-X Room	10-10:45am Barre Adia - Gym	11:10-11:55am Butts & Guts Adia - Group-X Room	10-10:45am Barre Adia - Gym	11am-12pm Pump Kelly - Gym	
12-1pm Aqua-Fit Winifred - Pool	11-12pm Pump Kelly - Gym	11:30 – 12:30pm Aqua-Fit Winifred - Pool	11-12pm Step Kelly - Gym	11:15am-12:15pm Aqua Yoga Olivia - Pool	
12:15-1:15pm African Dance Maestro - Gym	11:30-12:30pm Aqua Yoga Olivia - Pool	12-1pm Exhale Rebekah - Group-X Room	12-1pm F.I.T. Core Donna - Gym	12-1pm Yoga Valentine - Group-X Room	
1:15pm-2:15 African Drum Maestro - Gym	12-1pm Restorative Yoga Winifred – Group-X Room	12:15-1:15pm African Dance Maestro - Gym	12-1pm Restorative Yoga Winifred - Group-X Room	12:30-1:30pm Water Worx Kelly - Pool	
5-5:30pm F.I.T. - 30 Valentine - Gym	12:30-1:30pm Water Worx Kelly - Pool	1:15-2:15pm African Drum Maestro - Gym	12:30-1:30pm Water Worx Kelly - Pool		
5-6pm Cardio-Waves Kelly - Pool	2-4pm Pickleball - Gym	5-5:30pm F.I.T. - 30 Valentine - Gym	2-4pm Pickleball - Gym		
5:45-6:45pm Slow Flow Vinyasa Valentine - Group-X Room	4-4:45pm Power Yoga Adia - Group-X Room	5-6pm Cardio-Waves Kelly - Pool	4-4:45pm Power Yoga Adia - Group-X Room		
5:45-6:45pm Zumba Toning Peaches - Gym	5-5:30pm Core-Strong Kelly - Group-X Room	5:45-6:45pm Slow Flow Vinyasa Valentine - Group-X Room	5-5:30pm Core-Strong Kelly - Group-X Room		
	5:30-6pm Soca-lates Kelly - Group-X Room	5:45-6:45pm Zumba Peaches - Gym	5:30-6pm Spin Kelly - Group-X Room		
	6-7pm Soul Line Dancing Delia - Gym		5:45-6:45pm Zumba Toning Peaches - Gym		
			7-8pm Soul Line Dancing Maxine - Gym		



DWC Group Fitness Class Descriptions



Please sign in before all classes

Arrive early to speak with the instructor for questions and injury modifications.



Chair: For the active older adult who wants to improve muscle strength and joint mobility with low impact exercises done in a chair or standing. Join us for a variety of exercises to help you move towards a healthier way of living.

Functional Mobility –A mix of mobility exercises to increase range of motion and functional fitness moves.

Volleyball: Same game but smaller court and bigger ball, your “fanny” can’t leave the seat!



F.I.T: (Functional Interval Training) improves your body’s ability to work efficiently as one unit by training multiple muscle groups at one time. Modifications and Progressions given for all levels. You work at your own pace through each interval so everyone can do this work out!



F.I.T-30: Get in...Get it done...Get OUT in 30min! Total body tone from top to bottom to torch the body plateau.

Pump: Dumbbell based resistance training class that will tone and strengthen your entire body.



Step: A variety of cardio and weight training movement while using a riser/step.

Cardio Strength Intervals : A mix of creative exercise circuit training with lots of positive motivation joined with safe mobility exercises.

Core: This class focuses on strengthening all sections of the core using functional exercises as well as weights.

HIIT: High Intensity Interval Training at its best!

Butts & Guts: A fun & energizing class that focuses on glutes & core strength through floor & standing work and a little cardio!

Barre: A unique fusion of pilates, yoga, & ballet intended to strengthen muscle groups

Breathe: Blended stretching stability, strength, flowing movements with core combinations.



Exhale: This Yoga based class embraces elements of Tai Chi & Pilates that will increase your total-body flexibility, balance, core strength and stability ... all to the flow and tempo of the music.

Restorative Yoga: gentle, restful & relaxing. Poses are held effortlessly, on the floor & held for longer durations (3-5min)

Slow Flow Vinyasa Yoga: Improves muscle tone, flexibility, strength, and circulation as you move through various restorative and energizing poses. Zen Yoga will relax and restore your body to balance as you reduce stress and tension, while increasing mindfulness. **Please bring your mat.**

Power Yoga: A strengths-based yoga system that moves participants through a high-energy flow



Pilates Fusion: A progressive fitness class designed to condition the body with exercises rooted in Pilates, drawing influence from yoga. This class is a mindful workout focused on realigning the body with an emphasis on posture, strength, flexibility, balance, and stability. Mat Pilates has a deep focus on core engagement.



Soul Line Dance: Line dances such as the Wobble, Cupid Shuffle, or Bikers Shuffle may feel similar to country line dances except they are danced to soul, R&B, gospel, or pop music. These moves are easy for all levels so come join the celebration!



Zumba®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Zumba Toning: is a combination of Dance and Weight Training.



African Dance: A folk style dance from Africa that provides a great workout and lot of fun.

African Drums: played to communicate, celebrate, mourn and inspire. They're played in times of peace and war, planting and harvesting, birth and death. Drums have been such a large part of Africans' daily experience for so long that drumming pulses throughout their collective unconscious.



Spin: A fun low-impact, high-intensity workout on an indoor cycle with motivational music and encouragement.



Aqua-Fit: A mid-level intensity, Shallow Water class that improves cardiovascular conditioning and muscular endurance. Balance, flexibility, and strengthening exercises make this class ideal for protecting lower limb joints and relieving arthritis pain and stiffness.

Aqua Zumba®: It’s a “pool party” workout for all ages! This is a challenging water based workout is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style! Shallow Water

Aqua Yoga: Low intensity Yoga stretching and breathing in water.

Cardio Waves: High-energy Shallow Water fitness class that will get your heart pumping with non-stop cardio fun

Deep Water Weights: Total body Deep Water workout challenges your strength and range of motion with NO IMPACT! Floatation belts & water weights will be used. Low to moderate intensity and is great for **PRE-NATAL EXERCISE!**

Water WorX: High-energy Shallow Water fitness class building strength and resistance endurance with aerobic endurance, with great music added, you can’t go wrong!