

DEWITT FITNESS CENTER

October 1 –31, 2017

<u>Monday</u>	
Boomer Cardio (:45)	6:45 AM
Senior Stretching	7:30 AM
Body Flow (:60)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Pickleball – Ekstrand	4:30-6:30 PM
Evening Water Exercise	5:00 PM
PiYo (:60)	5:30 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
PiYo (:60)	5:05 AM
Cycling (:30)	8:00AM
Morning Water Exercise	8:30 AM
High Impact Cycling (:30)	8:30 AM
Core Strength (:30)	9:00 AM
Water Volleyball	9:15 AM
Evening Water Exercise	5:00 PM
Step Aerobics	5:30 PM
Yoga (:60)	5:30 PM
Zumba (Community Center)	7:00 PM
Pickleball – Auxiliary Gym (HS)	6:30-8:30PM
<u>Friday</u>	
Cardio/Strength + CXWORX (:60)	5:05 AM
Ultimate Cycling (:60)	6:30 AM
Senior Stretching	7:30 AM
Boot Camp (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM

<u>Tuesday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump	7:00 AM
Senior Fitness	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Cycling (:60)	11:30 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Thursday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump	7:00 AM
Senior Fitness	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Saturday</u>	
Step Aerobics	7:00 AM
*Body Pump	7:15 AM
Pickleball - Ekstrand	8:00-12:00PM
<u>Sunday</u>	
Pickleball-Auxiliary Gym (HS)	4:00-6:00 PM

* Please call ahead to reserve a spot (563) 659-5127



Parks.cityofdewittiowa.org

