

# DEWITT FITNESS CENTER

## May 2024

<u>Monday</u>		<u>Tuesday</u>	
Tone (video)	5:05 AM	Body Pump	5:05 AM
Senior Stretching	7:30 AM	Senior Fitness	7:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Boomer Bootcamp – <i>online zoom class</i>	8:00 AM
Water exercise	8:30 AM	Core Strength	8:30 AM
Body Pump	8:30 AM	Water exercise	8:30 AM
Water volleyball	9:15 AM	Wave Strength / Yoga (:45)	9:30 AM
Water aerobics	5:15 PM	Indoor cycling / Core	11:45 AM
Step Aerobics	5:30 PM	Body Pump	5:30 PM
<u>Wednesday</u>		Taekwondo	7:00 PM
Les Mills video class	5:05 AM	<u>Thursday</u>	
Senior FUNctional Fitness	7:30 AM	Body Pump	5:05 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Senior Fitness	7:30 AM
Body Pump	8:30 AM	Boomer Pump – <i>online zoom class</i>	8:00 AM
Water exercise	8:30 AM	Bootcamp	8:30 AM
Water volleyball	9:15 AM	Water exercise	8:30 AM
Water Aerobics	5:15 PM	Wave Strength / Yoga (:45)	9:30 AM
Step Aerobics	5:30 PM	Body Pump	5:30 PM
<u>Friday</u>		Taekwondo	7:00 PM
Yoga HIIT (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays)	5:05 AM	<u>Saturday</u>	
Les Mills CORE (2 <sup>nd</sup> & 4 <sup>th</sup> Fridays)	5:05 AM	Saturday Jump Start	7:00 AM
Senior Stretching	7:30 AM	Body Pump	7:05 AM
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM	<u>Sunday</u>	
Core Strength (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays)	8:30 AM	Barre	11:05 AM
Barre (2 <sup>nd</sup> & 4 <sup>th</sup> Fridays)	8:30 AM	Yoga Stretch (:30)	12:00 PM
Water exercise	8:30 AM		
Water volleyball	9:15 AM		

**Class descriptions can be found on our website.**



***Please note, 5:05 AM classes may be different than what is listed due to instructor availability.***

**All classes are 45 minutes.**

**ONLINE - Zoom Classes:** Meeting ID: 5636595127 PW: 123456

**DFC hours:**

**Monday – Thursday 5 AM – 9 PM**

**Friday 5 AM – 7 PM**

**Saturday 7 AM – 5 PM**

**Sunday 11 AM – 5 PM**

**Work hard. Have fun!**