

DEWITT FITNESS CENTER

June 2018

<u>Monday</u>	
**Water Exercise at Aquatic Center	6:30 AM
Boomer Cardio (:45)	6:45 AM
Senior Stretching (:45)	7:30 AM
Cardio & Core (:45)	8:30 AM
Morning Water Exercise (:45)	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise (:45)	5:00 PM
Step Aerobics (:45)	5:30 PM
<u>Wednesday</u>	
PiYo (:45)	5:05 AM
**Water Exercise at Aquatic Center	6:30 AM
Boomer Boot Camp (:45)	7:15 AM
Boot Camp (:45)	8:30 AM
Morning Water Exercise (:45)	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise (:45)	5:00 PM
Step Aerobics (:45)	5:30 PM
Yoga	5:30 PM
<u>Friday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
**Water Exercise at Aquatic Center	6:30 AM
Senior Stretching (:45)	7:30 AM
Morning Water Exercise (:45)	8:30 AM
Water Volleyball	9:15 AM

<u>Tuesday</u>	
*Body Pump (:45)	5:05 AM
Circuit Training (:45)	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump (:45)	8:30 AM
Morning Water Exercise (:45)	8:30 AM
*Body Pump (:45)	5:30 PM
Tae Kwon Do	7:00 PM
<u>Thursday</u>	
*Body Pump (:45)	5:05 AM
Circuit Training (:45)	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump (:45)	8:30 AM
Morning Water Exercise (:45)	8:30 AM
Pickleball – High School Auxiliary Gym	5:00-7:00PM
*Body Pump (:45)	5:30 PM
Tae Kwon Do	7:00 PM
<u>Saturday</u>	
Step Aerobics (:45)	7:00 AM
*Body Pump (:45)	7:15 AM
Pickleball - Ekstrand	8:00-NOON
<u>Sunday</u>	
Pickleball – High School Auxiliary Gym	4:00-6:00PM

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

****\$3/class payable to the DeWitt Aquatic Center**

**NEW XPRESS FORMAT! DWFC CLASSES WILL BE 45 MINUTES
FOR JUNE, JULY, & AUGUST**



Parks.cityofdewittiowa.org

**31ST ANNUAL PAUL SKEFFINGTON MEMORIAL RACE
SATURDAY, JUNE 16**

6:30 pm **FREE** Fun Run
 7:00 pm 2 & 5 Mile Races
 5:30 – 11pm **FREE** concert! "WILD OATZ"
 Beer Garden sponsored by Hall of Fame Pizza & Wings and Scott Drug;
 Food by Nite Lions; Obstacle Course, Bouncy House, Face Painting, Bike
 Giveaway & More For more information go to www.skeffrace.com

