DEWITT FITNESS CENTER

June 2018

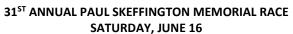
<u>Monday</u>	
**Water Exercise at Aquatic Center	6:30 AM
Boomer Cardio (:45)	6:45 AM
Senior Stretching (:45)	7:30 AM
Cardio & Core (:45)	8:30 AM
Morning Water Exercise (:45)	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise (:45)	5:00 PM
Step Aerobics (:45)	5:30 PM
<u>Wednesday</u>	
PiYo (:45)	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 <u>45 MINUTES</u> FOR JUNE, JULY, & AUGUST



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



Parks.cityofdewittiowa.org





