

DEWITT FITNESS CENTER

January 2022

<u>Monday</u>		<u>Tuesday</u>	
Senior Stretching	7:30 AM	*Body Pump	5:05 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Senior Fitness	7:30 AM
Water exercise	8:30 AM	Boomer Bootcamp – <i>online zoom class</i>	8:00 AM
Core HIIT+	8:30 AM	*Body Pump	8:30 AM
Water volleyball	9:15 AM	Water exercise	8:30 AM
:30 Express Bootcamp	11:45 AM	Indoor Cycling	11:45 AM
Water exercise	5:30 PM	*Body Pump	5:30 PM
Step Aerobics	5:30 PM	Taekwondo	7:00 PM
Ultimate Cycling	6:00 PM	<u>Thursday</u>	
<u>Wednesday</u>		*Body Pump	5:05 AM
PiYo	5:05 AM	Senior Fitness	7:30 AM
Senior FUNctional Fitness	7:30 AM	Boomer Pump – <i>online zoom class</i>	8:00 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	*Body Pump	8:30 AM
:30 – Fast Fit	8:30 AM	Water exercise	8:30 AM
Water exercise	8:30 AM	Ultimate Cycling	11:45 AM
:30 Les Mills CORE	9:00 AM	*Body Pump	5:30 PM
Water volleyball	9:15 AM	Taekwondo	7:00 PM
Water exercise	5:30 PM	<u>Saturday</u>	
Step Aerobics	5:30 PM	Saturday Jump Start	7:00 AM
<u>Friday</u>		*Body Pump	7:05 AM
Les Mills CORE	5:05 AM	<u>Sunday</u>	
Cycling / Core	6:00 AM	Yoga	12:00 PM
Senior Stretching	7:30 AM		
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM		
Boot Camp	8:30 AM		
Water exercise	8:30 AM		
Water volleyball	9:15 AM		



All classes in January will be 45 minutes

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

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

DFC hours in December:

Monday – Thursday 5 AM – 9 PM

Friday 5 AM – 7 PM

Saturday 7 AM – 5 PM

Sunday 11 AM – 5 PM

Please arrive early, wipe down equipment before and after each use.

Please practice social distance. Do not attend if you have a temperature or feel ill.

Practice good hygiene. Work hard. Have fun!