

# DEWITT FITNESS CENTER

## October 2021

<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
Water exercise	5:30 PM	Indoor Cycling	11:45 AM
Step Aerobics	5:30 PM	*Body Pump	5:30 PM
<u>Wednesday</u>		Taekwondo	7:00 PM
PiYo	5:05 AM	<u>Thursday</u>	
Boomer Cardio – <i>online zoom class</i>	8:00 AM	*Body Pump	5:05 AM
Ultimate Cycling (1 <sup>st</sup> & 3 <sup>rd</sup> Wed.)	8:30 AM	Senior Fitness	7:30 AM
Fast Fit/Dynamic Stretch (2 <sup>nd</sup> &4 <sup>th</sup> Wed.)	8:30 AM	Boomer Pump – <i>online zoom class</i>	8:00 AM
Wildcard Wednesday (5 <sup>th</sup> Wed.)	8:30 AM	*Body Pump	8:30 AM
Water exercise	8:30 AM	Water exercise	8:30 AM
Water volleyball	9:15 AM	Taekwondo	7:00 PM
Water exercise	5:30 PM	*Body Pump	5:30 PM
Step Aerobics	5:30 PM	<u>Saturday</u>	
<u>Friday</u>		Saturday Jump Start	7:00 AM
Les Mills CORE	5:05 AM	*Body Pump	7:05 AM
Cycling / Core	6:00 AM	<u>Sunday</u>	
Senior Stretching	7:30 AM	Yoga	12:00 PM
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 October will be 45 minutes

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

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

#### DFC hours in October:

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!