

# DEWITT FITNESS CENTER

## October 2022

<u>Monday</u>		<u>Tuesday</u>	
Yoga HIIT	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	Body Pump	8:30 AM
Core Strength	8:30 AM	Water exercise	8:30 AM
Water volleyball	9:15 AM	Wave Strength (water class) :30	9:30 AM
Kickboxing & Abs	5:00 PM	Cycling & Core	11:45 AM
Water exercise	5:15 PM	Pickleball at CDHS auxiliary gym	4:30-6:30
Step Aerobics	5:30 PM	Body Pump	5:30 PM
<u>Wednesday</u>		Taekwondo	7:00 PM
Barre (1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays)	5:05 AM	<u>Thursday</u>	
PiYo (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays)	5:05 AM	Body Pump	5:05 AM
Senior FUNctional Fitness	7:30 AM	Senior Fitness	7:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Boomer Pump – <i>online zoom class</i>	8:00 AM
PiYo Express	8:30 AM	Body Pump	8:30 AM
Water exercise	8:30 AM	Water exercise	8:30 AM
Water volleyball	9:15 AM	Wave Strength (water class) :30	9:30 AM
Boxing & Abs	5:00 PM	Body Pump	5:30 PM
Water exercise	5:15 PM	Taekwondo	7:00 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
Senior Stretching	7:30 AM	Pickleball at Ekstrand	8-11:30 AM
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM	<u>Sunday</u>	
Boot Camp	8:30 AM	Barre	11:05 AM
Water exercise	8:30 AM	:30 yoga stretch	12:00 PM
Water volleyball	9:15 AM		
Boot Camp	5:00 PM		



**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!**