

DEWITT FITNESS CENTER

November 2024

<u>Monday</u>	
Senior Stretching	7:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM
Water exercise	8:30 AM
Body Pump	8:30 AM
Water volleyball	9:15 AM
Water aerobics	5:15 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
Senior FUNctional Fitness	7:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM
Body Pump	8:30 AM
Water exercise	8:30 AM
Water volleyball	9:15 AM
Water aerobics	5:15 PM
Step Aerobics	5:30 PM
<u>Friday</u>	
Senior Stretching	7:30 AM
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM
Core Strength (1 st & 3 rd Fridays)	8:30 AM
Barre (2 nd & 4 th Fridays)	8:30 AM
Water exercise	8:30 AM
Water volleyball	9:15 AM

<u>Tuesday</u>	
Body Pump	5:05 AM
Senior Fitness	7:30 AM
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM
Core Strength	8:30 AM
Water exercise	8:30 AM
Wave Strength / Yoga (:45)	9:30 AM
Indoor cycling & core	11:45 AM
Body Pump	5:30 PM
Taekwondo	7:00 PM
<u>Thursday</u>	
Body Pump	5:05 AM
Senior Fitness	7:30 AM
Boomer Pump – <i>online zoom class</i>	8:00 AM
Bootcamp	8:30 AM
Water exercise	8:30 AM
Wave Strength / Yoga (:45)	9:30 AM
Body Pump	5:30 PM
Taekwondo	7:00 PM
<u>Saturday</u>	
Saturday Jump Start	7:00 AM
Body Pump	7:05 AM

Class descriptions can be found on our website.



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!