

DEWITT FITNESS CENTER

November 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	Core Strength	8:30 AM
Body Pump	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
Cycling & Core	6:00 PM	Taekwondo	7:00 PM
<u>Wednesday</u>		<u>Thursday</u>	
Barre (1 st & 3 rd Wednesdays)	5:05 AM	Body Pump	5:05 AM
PiYo (2 nd & 4 th Wednesdays)	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	PiYo	8:30 AM
Body Pump	8:30 AM	Water exercise	8:30 AM
Water exercise	8:30 AM	Wave Strength (water class) :30	9:30 AM
Water volleyball	9:15 AM	Body Pump	5:30 PM
Boxing & Abs	5:00 PM	Taekwondo	7:00 PM
Water exercise	5:15 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	Pickleball at Ekstrand	8-11:30 AM
Senior Stretching	7:30 AM	<u>Sunday</u>	
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM	Barre	11:05 AM
Boot Camp	8:30 AM	:30 yoga stretch	12:00 PM
Water exercise	8:30 AM		
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!