

# DEWITT FITNESS CENTER

## February 2023

<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
One More Rep	5:00 PM	Cycling & Core	11:45 AM
Water exercise	5:15 PM	Body Pump	5:30 PM
Step Aerobics	5:30 PM	Taekwondo	7:00 PM
Cycling & Core	6:00 PM	<u>Thursday</u>	
<u>Wednesday</u>		Body Pump	5:05 AM
Barre (1 <sup>st</sup> &3 <sup>rd</sup> Wednesdays)	5:05 AM	Senior Fitness	7:30 AM
PiYo (2 <sup>nd</sup> &4 <sup>th</sup> Wednesdays)	5:05 AM	Boomer Pump – <i>online zoom class</i>	8:00 AM
Senior FUNctional Fitness	7:30 AM	PiYo	8:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Water exercise	8:30 AM
Body Pump	8:30 AM	Wave Strength (water class) :30	9:30 AM
Water exercise	8:30 AM	Body Pump	5:30 PM
Water volleyball	9:15 AM	Taekwondo	7:00 PM
Pickleball at Ekstrand \$3 pp	4:30-7 PM	<u>Saturday</u>	
Full Body HIIT	5:30 PM	Saturday Jump Start	7:00 AM
Water exercise	5:15 PM	Body Pump	7:05 AM
Step Aerobics	5:30 PM	Cycling (:30)	8:30 AM
<u>Friday</u>		Pickleball at Ekstrand \$3 pp	8-11:00 AM
Les Mills CORE	5:05 AM	<u>Sunday</u>	
Senior Stretching	7:30 AM	Barre	11:05 AM
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM	Yoga stretch	12:00 PM
Boot Camp	8:30 AM		
Water exercise	8:30 AM		
Water volleyball	9:15 AM		
Buddy Boot Camp – <i>sponsored by Murphy's Pub – bring a buddy get a beer</i>	5:30 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!**