

DEWITT FITNESS CENTER

February 2019

<u>Monday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
Boomer Cardio (:45)	6:45 AM
Senior Stretching	7:30 AM
Core HIIT+ (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
*Body Pump Xpress (:45)	11:45 AM
Pickleball-Ekstrand	4:30-6:30PM
Evening Water Exercise	5:00 PM
Step Aerobics	5:30 PM
PiYo (:45)	5:30 PM
<u>Wednesday</u>	
PiYo	5:05 AM
Boomer Boot Camp (:45)	7:00 AM
Ultimate Cycling	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise	5:00 PM
Evening Crunch Boot Camp (:45)	5:15 PM
Yoga	5:30 PM
Step Aerobics	5:30 PM
<u>Friday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
Senior Stretching	7:30 AM
Boot Camp (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM

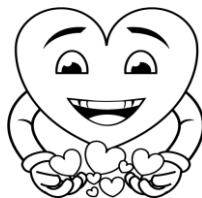
<u>Tuesday</u>	
*Body Pump	5:05 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Cycling	11:30 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Thursday</u>	
*Body Pump	5:05 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Yoga	10:00 AM
Ultimate Cycling	11:30 AM
Pickleball-HS Auxiliary Gym	5:00-7:00PM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Saturday</u>	
Step Aerobics	7:00 AM
*Body Pump Xpress (:45)	7:15 AM
Pickleball - Ekstrand	8:00-10:00AM Advanced/Intermediate 10:00-12:00PM Beginning/Intermediate
<u>Sunday</u>	
*Pump Xpress (:30)	12:00 PM
Cardio/Core (:30)	12:30 PM

Classes are 60 minutes unless specified otherwise

+ High Intensity Interval Training

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

<p>FEBRUARY ZUMBA 7:00 PM @ the DeWitt Community Center: Monday (:30) - 2/4, 2/18 Tuesday (:30) - 2/12 Wednesday (:60) - 2/6, 2/13, 2/20, 2/20</p>
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Parks.cityofdewittiowa.org



Happy Valentine's Day!

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