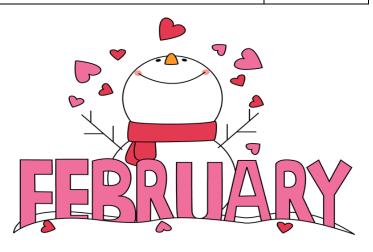
## **DEWITT FITNESS CENTER**

February 2020

<u>Monday</u>	
CXWORX (:30)	5:05 AM
HIIT (: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
Pickleball-Ekstrand	4:30-6:30PM
Evening Water Exercise	5:00 PM
PiYo	5:30 PM
Step Aerobics	5:30 PM
Wednesday	
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
Yoga	5:30 PM
Step Aerobics	5:30 PM
Zumba @ DeWitt Community Center	7:00 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	
Circuit Training	5:15 AM	
Boomer Pump (:45)	7:00 AM	
Senior Fitness	7:30 AM	
*Body Pump	8:30 AM	
Morning Water Exercise	8:30 AM	
Cycling (:45)	11:45 AM	
*Body Pump	5:30 PM	
Tae Kwon Do	7:00 PM	
<u>Thursday</u>		
*Body Pump	5:05 AM	
Circuit Training	5:15 AM	
Boomer Pump (:45)	7:00 AM	
Senior Fitness	7:30 AM	
*Body Pump	8:30 AM	
Morning Water Exercise	8:30 AM	
Yoga	10:00 AM	
Ultimate Cycling (:45)	11:45 AM	
Pickleball-HS Auxiliary Gym (12/26 only)	5:00-7:00PM	
*Body Pump	5:30 PM	
Tae Kwon Do	7:00 PM	
<u>Saturday</u>		
Saturday Jump Start	7:00 AM	
*Body Pump (:45)	7:05 AM	
Pickleball - Ekstrand	8:00-11:00AM	
<u>Sunday</u>		
Yoga	12:00 PM	



Classes are 60 Minutes unless specified otherwise

- + High Intensity Interval Training
- \*Please call to reserve a spot (563) 659-5127



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