

DEWITT FITNESS CENTER

April 2021

<u>Monday</u>	
Senior Stretching	7:30 AM
Boomer Cardio (:45 ONLINE)	8:00 AM
Water exercise	8:30 AM
Water volleyball	9:15 AM
Core HIIT+ (:45)	8:30 AM
Water exercise	5:30 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
Boomer Cardio (:45 ONLINE)	8:00 AM
Cycling / Core	8:30 AM
Water exercise	8:30 AM
Water volleyball	9:15 AM
Water exercise	5:30 PM
Step Aerobics	5:30 PM
Les Mills GRIT (:30)	6:00 PM
<u>Friday</u>	
Les Mills CORE (:45)	5:05 AM
Cycling / Core	6:00 AM
Senior Stretching	7:30 AM
Boomer Bootcamp (:45 ONLINE)	8:00 AM
Boot Camp (:45)	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 (:45 ONLINE)	8:00 AM
*Body Pump	8:30 AM
Water exercise	8:30 AM
Cycling / Core	11:45 AM
*Body Pump	5:45 PM
Taekwondo	7:00 PM
<u>Thursday</u>	
*Body Pump	5:05 AM
Senior Fitness	7:30 AM
Boomer Pump (:45 ONLINE)	8:00 AM
*Body Pump	8:30 AM
Water exercise	8:30 AM
Cycling/Core	11:45 AM
Taekwondo	7:00 PM
<u>Saturday</u>	
Saturday Jump Start	7:00 AM
*Body Pump	7:05 AM
Les Mills GRIT (:30)	8:05 AM
<u>Sunday</u>	
Les Mills CORE (:30)	11:05 AM
Yoga	12:30 PM



All classes in April will be 45 minutes

+ High Intensity Interval Training

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

ONLINE - Zoom Classes: Meeting ID: 5636595127 PW: 123456

DFC hours in April:

Monday – Thursday 5 AM – 9 PM

Friday 5 AM – 7 PM

Saturday 7 AM – 5 PM

Sunday 11 AM – 5 PM

Please arrive early, wipe down equipment before and after each use.

Please practice social distance. Do not attend if you have a temperature or feel ill.

Practice good hygiene. Work hard. Have fun!