

DEWITT FITNESS CENTER

May 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	Body Pump	8:30 AM
Core Strength	8:30 AM	Water exercise	8:30 AM
Dynamic Stretching	9:00 AM	Wave Strength (water class) :30	9:30 AM
Water volleyball	9:15 AM	Indoor Cycling	11:45 AM
:30 Express Bootcamp	12:00 PM	Body Pump	5:30 PM
Heavy Bag Boxing (:30)	5:15 PM	Taekwondo	7:00 PM
Water exercise	5:30 PM	<u>Thursday</u>	
Step Aerobics	5:30 PM	Body Pump	5:05 AM
Ultimate Cycling	6:00 PM	Senior Fitness	7:30 AM
<u>Wednesday</u>		Boomer Pump – <i>online zoom class</i>	8:00 AM
PiYo (1 st & 3 rd Wednesdays)	5:05 AM	Body Pump	8:30 AM
Barre (2 nd & 4 th Wednesdays)	5:05 AM	Water exercise	8:30 AM
Senior FUNctional Fitness	7:30 AM	Wave Strength (water class) :30	9:30 AM
Boomer Cardio – <i>online zoom class</i>	8:00 AM	Ultimate Cycling	11:45 AM
:30 – Fast Fit	8:30 AM	Body Pump	5:30 PM
Water exercise	8:30 AM	Taekwondo	7:00 PM
Water volleyball	9:15 AM	<u>Saturday</u>	
Heavy Bag Boxing (:30)	12:00 PM	Saturday Jump Start	7:00 AM
Water exercise	5:30 PM	Body Pump	7:05 AM
Step Aerobics	5:30 PM	Barre (May 7, 14 & 28)	8:30 AM
Kickboxing (:30)	5:45 PM	<u>Sunday</u>	
Ultimate Cycling	6:30 PM	Barre (May 1, 15, 29)	11:05 AM
<u>Friday</u>		:30 yoga stretch (May 1, 15 & 29)	12:00 PM
Les Mills CORE	5:05 AM		
Cycling / Core	6:00 AM		
Senior Stretching	7:30 AM		
Boomer Bootcamp – <i>online zoom class</i>	8:00 AM		
Boot Camp	8:30 AM		
Water exercise	8:30 AM		
Water volleyball	9:15 AM		

DFC hours:

Monday – Thursday 5 AM – 9 PM

Saturday 7 AM – 5 PM

Sunday 11 AM – 5 PM

Friday 5 AM – 7 PM

Work hard. Have fun!

All classes in May will be 45 minutes
ONLINE - Zoom Classes: Meeting ID: 5636595127
 PW: 123456