

DEWITT FITNESS CENTER

June 2022

| <u>Monday</u> | | <u>Tuesday</u> | |
|-------------------------------------------------------------|---------|--------------------------------------------|----------|
| Yoga HIIT | 5:05 AM | Body Pump | 5:05 AM |
| Express Cycling | 6:30 AM | Senior Fitness | 7:30 AM |
| Water exercise @ DAC* | 6:30 AM | Boomer Bootcamp – <i>online zoom class</i> | 8:00 AM |
| Senior Stretching | 7:30 AM | Body Pump | 8:30 AM |
| Boomer Cardio – <i>online zoom class</i> | 8:00 AM | Water exercise | 8:30 AM |
| Water exercise | 8:30 AM | Wave Strength (water class) :30 | 9:30 AM |
| Core Strength | 8:30 AM | Body Pump | 5:30 PM |
| Water volleyball | 9:15 AM | Taekwondo | 7:00 PM |
| Water exercise @ DAC* (starts June 6) | 5:00 PM | <u>Thursday</u> | |
| Step Aerobics | 5:30 PM | | |
| <u>Wednesday</u> | | Body Pump | 5:05 AM |
| PiYo (1 st & 3 rd Wednesdays) | 5:05 AM | Water exercise @ DAC* | 6:30 AM |
| Barre (2 nd & 4 th Wednesdays) | 5:05 AM | Senior Fitness | 7:30 AM |
| Tabata Cardio/ Strength (starts June 8) | 6:30 AM | Boomer Pump – <i>online zoom class</i> | 8:00 AM |
| Senior FUNctional Fitness | 7:30 AM | Body Pump | 8:30 AM |
| Boomer Cardio – <i>online zoom class</i> | 8:00 AM | Water exercise | 8:30 AM |
| Kickboxing (1 st & 3 rd Wednesdays) | 8:30 AM | Wave Strength (water class) :30 | 9:30 AM |
| PiYo Express (2 nd & 4 th Wednesdays) | 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> | |
| Water exercise @ DAC* (starts June 8) | 5:00 PM | Saturday Jump Start | 7:00 AM |
| Step Aerobics | 5:30 PM | Body Pump | 7:05 AM |
| <u>Friday</u> | | Barre | 8:30 AM |
| Les Mills CORE | 5:05 AM | <u>Sunday</u> | |
| Tabata Cardio/ Strength (start June 10) | 6:30 AM | Barre | 11:05 AM |
| Senior Stretching | 7:30 AM | :30 yoga stretch | 12:00 PM |
| 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 | | |



All classes in June will be 45 minutes

ONLINE - Zoom Classes: Meeting ID: 5636595127

PW: 123456

- Punch pass for DeWitt Aquatic Center required. DFC membership does not apply

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!