

DEWITT FITNESS CENTER

July 2020

| <u>Monday</u> | |
|---|---------|
| Senior Stretching | 7:30 AM |
| Boomer Cardio (:45 / ONLINE) Get code on website | 8:00 AM |
| Water exercise | 8:30 AM |
| Water Volleyball | 9:15 AM |
| Core HIIT+ (:45) | 8:30 AM |
| Step Aerobics | 5:30 PM |
| <u>Wednesday</u> | |
| PiYo | 5:05 AM |
| Boomer Cardio (:45 / ONLINE) Get code on website | 8:00 AM |
| Ultimate Cycling | 8:30 AM |
| Water exercise | 8:30 AM |
| Water Volleyball | 9:15 AM |
| Yoga | 5:30 PM |
| Step Aerobics | 5:30 PM |
| <u>Friday</u> | |
| Senior Stretching | 7:30 AM |
| Boomer Bootcamp (:45 / ONLINE) Get code on website | 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) Get code on website | 8:00 AM |
| *Body Pump | 8:30 AM |
| Water exercise | 8:30 AM |
| <u>Thursday</u> | |
| *Body Pump | 5:05 AM |
| Senior Fitness | 7:30 AM |
| *Body Pump | 8:30 AM |
| Water exercise | 8:30 AM |
| Yoga | 10:00 AM |
| *Body Pump | 5:30 PM |
| <u>Saturday</u> | |
| Saturday Jump Start | 7:00 AM |
| *Body Pump (:45) | 7:05 AM |
| <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**

Please note:

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!

