

DEWITT FITNESS CENTER

August 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
Cycling / Core	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!

