

DEWITT FITNESS CENTER

August 2019

<u>Monday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
Boomer Cardio (:45)	6:45 AM
Senior Stretching	7:30 AM
Core HIIT+ (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Pickleball-Ekstrand	4:30-6:30PM
Evening Water Exercise	5:00 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
Boomer Boot Camp (:45)	7:00 AM
Ultimate Cycling	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise	5:00 PM
Step Aerobics	5:30 PM
<u>Friday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
Senior Stretching	7:30 AM
Boot Camp (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM

<u>Tuesday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Thursday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness (:45)	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Yoga	10:00 AM
Pickleball-HS Auxiliary Gym	5:00-7:00PM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Saturday</u>	
Step Aerobics	7:00 AM
*Body Pump	7:15 AM
Pickleball - Ekstrand	8:00-10:00AM Advanced/Intermediate 10:00-12:00PM Beginning/Intermediate
<u>Sunday</u>	
Yoga	12:00 PM

Please note that August classes are 45 minutes



+ High Intensity Interval Training

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



Parks.cityofdewittiowa.org