

# DEWITT FITNESS CENTER

## September 2018

<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
Evening Water Exercise	5:00 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
PiYo	5:05 AM
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
Yoga	5:30 PM
Step Aerobics	5:30 PM
Zumba – Community Center	7:00 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
Cycling	11:30 AM
*Body Pump	5:30 PM
Pickleball – High School Auxiliary Gym	5:30-7:30PM
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
Pickleball – High School 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	8:00-11:00AM

+ High Intensity Interval Training

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

Classes are 60 minutes unless specified otherwise



[Parks.cityofdewittiowa.org](http://Parks.cityofdewittiowa.org)



**The DeWitt Fitness Center will be closed Monday, September 3, in observance of Labor Day**