

Group Fitness Classes at DeWitt Fitness Center

All classes are included in membership. Some classes may not be currently offered or may not be described below. If you have a question, please ask our desk staff. The class schedule changes on the 1st of each month. Check [here](#) each month for an updated schedule.

Step Aerobics

An energizing workout utilizing aerobic steps. Class consists of warm-up, aerobic stepping, upper and lower body toning and a cool down followed by a short run.

Indoor cycling Classes & Cycling / Core

This indoor cycling class will challenge you. A great cardio workout for all fitness levels. All rider skill levels are welcome.

Senior Stretching

Improve your flexibility, increase muscle and release tension in your muscles and joints. Ideal for older adults and individuals with injuries.

Yoga / Yoga Stretch

Strengthen your core, relax your muscles with our yoga instruction. Yoga produces a clear, bright mind and a strong, capable body. Taught by a certified instructor. All abilities welcome.

Circuit Training

Focusing on core muscles and stability utilizing dumbbells and medicine balls.

Senior Strength

Designed to improve muscular strength and joint flexibility in older adults through a series of low impact cardio moves and hand held weights.

Tae Kwon Do

Korean Martial Arts, teaching principles of Tae Kwon Do and preparing for testing and tournaments. This class creates a way of life stressing "courtesy, integrity, perseverance, self-control, and indomitable spirit". The program is available to students 9 and older.

Boot Camp

High intensity workouts involving different weight equipment & fast cardio bursts.

Body Pump

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

PiYo Strength

No experience necessary. Must like upbeat music and dynamic moves, and want to get sexy, flexy and strong! If you're looking to burn calories, sculpt your abs and develop awesome core and balance---- Try PiYo strength. PiYo Strength is a low impact energetic class that and will leave you feeling like you've had an awesome workout without beating up your body.

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Water Classes

Our pool is 20' x 40' and 3-4 feet deep and heated to 84 degrees. Our spa seats 12 and is heated to 103 degrees.

Morning Recreational Water Exercise

A fun way to get fit. Easy invigorating exercises done in the water, keeping muscles toned and joints flexible. This is a great class for rehabilitation too. Class focuses on movement in the water, flexibility and range of motion.

Water Volleyball

Good-natured sporting event following 8:30 AM class. Unsupervised and self-officiated.

Evening Adult Water Exercise

An adult group exercise consisting of warm-ups, water walking, stretching, and twisting and cool down. Enjoy the spa after a good workout. 1 hour class.

Parent Tot Swim Class

A great water awareness class for toddlers and younger. Class is designed for one or both parents to enter the water with their child. Water is 2-4 feet deep and warm. Eight week classes begin in November and February. *This is fee based class and is not included in membership.

Swim Lessons

Private and group lessons are available for children and adults of all ages. Call for more information.

When the pool is not in class, it is available for open swim. All classes are :45 in length.

Do you have any group fitness or programming ideas?

We're always looking for instructors to teach new and exciting subjects. If you have a specialty you would like to share, we want to work with you.

Call us today: [563-659-5127](tel:563-659-5127). Or visit our website at parks.cityofdewittiowa.org

