



# Group Fitness Schedule May - Aug 2011

## Group Fitness Class Descriptions



The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.



A challenging Yoga, Tai Chi, Pilates workout for the athlete or individual to build strength, flexibility, and balance. A perfect cross training workout that leaves you feeling calm and focused.



The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.



The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

**CARDIO CIRCUIT** - A cardio class involving multiple machines in a timed circuit.

**CARDIO-CYCLE** - Group cycling is taught to motivating music, which stimulates an outdoor, all terrain workout.

**PILATES MAT** - A flexibility & core muscle conditioning class based on the exercises of Joseph Pilates.

**Operation Get Fit (Fitness Boot Camp) - Interval Training** that challenges your entire body. Unleash your power! **30-45 minute class.**

**SENIORCIZE** - A class designed for our mature adults to get you moving & keep you limber.

**HATHA YOGA** - Designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.

**ZUMBA®** - Zumba is a fusion of Latin and International music-dance themes. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

*Classes are 1 hr., unless otherwise noted.*

*12:15pm classes are 45 minutes.*

*4:30pm classes are 45 minutes.*

## Aquatic Class Descriptions

*Classes are listed from low to high intensity and are 1 hr., unless otherwise noted.*

**H2O FIT FOR LIFE** - Increase your cardiovascular endurance and joint range of motion in this special class. Excellent for those with arthritis, joint problem, or connective tissue disorders.

**JOINTS N MOTION** - A constant in-motion class designed to get you moving and working at a full range of motion.

**WALK ON** - A water class for all ages and levels of fitness. Intervals of walking using the resistance of the water.

**WATER WORKS** - A great way to vary your workout routine. Improve your endurance and strength with the support of the water. An excellent choice for fit seniors and pregnant women.

**HYDROFIT MOVES** - Moderate to high intensity water aerobic class combined with upper body strengthening/toning.  
(Tu., & Thur. 8:15A, 45 min.)

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**LAP SWIM** Designed for Adult Members, lap swim only.

**WALK/LAP** Designated for Adult Members, walk or lap swim only.

**OPEN SWIM** Designed for DHC Family Memberships.

*Drop in fee of \$3 per child as a GUEST, otherwise drop in fee of \$10 applies.*

**UHV Athletics utilizes the Pool 6:15AM-7:15AM, Tue. & Thur. during Fall and Spring semesters.**

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## **POOL RULES AND ETIQUETTE**

Ages 14 and under **MUST** be supervised by an adult.

Do not enter pool area when a class is in progress.

Please be considerate of others using the pool.

Use ropes when needed.

Share lanes when needed.

Please put equipment back after use.

- We reserve the right to change instructors and classes if needed.
- No open toes shoes allowed in gym.
- Ages fifteen and up only are allowed in Group Fitness areas.