

LAND GROUP EXERCISE SCHEDULE

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

Begins 1/7/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:00am GROUP POWER Mark	5:00 - 6:00am CYCLE Jen Mc.	5:00 - 6:00am HIIT Meredith	5:00 - 6:00am mPOWER YOGA Jenny B.	5:00 - 6:00am TBS Aly	7:30 - 8:25am CYCLE Rotation - See Website	7:00 - 7:55am GROUP POWER Marcus
6:05 - 7:00am PILATES Amy	8:15 - 9:25am GENTLE YOGA Jenny B.	8:30 - 9:25am POWER PILATES Dawn C.	5:00 - 6:00am CYCLE Dawn W.	7:30 - 8:25am BARRE BLEND Cyndi	8:00 - 9:10am POWER YOGA Kate	8:05 - 9:00am GROUP RIDE Marcus
8:30 - 9:25am CARDIO BLENDER Cyndi	8:15 - 9:30am CYCLE STRETCH Sandy	9:00 - 10:10am CYCLE YOGA Cyndi	7:30 - 8:25am GENTLE YOGA Mary Clare	8:30 - 9:25am ZUMBA Charity/Denise	9:15 - 10:10am H.E.A.T Steph	8:30 - 9:25am YOGA Susan
9:00 - 10:00am Rockin' the Hills Jen G.	9:30 - 10:15am CORE & STRENGTH Shawn (N/S Conference)	9:30 - 10:25am H.E.A.T. Dawn C.	8:30 - 9:25am W.O.W. Cyndi	8:45 - 9:40am CYCLE CORE Cyndi	10:15 - 11:15am TRIPLE STRENGTH Steph	9:30 - 10:25am PILATES Caroline
9:30 - 10:25am POWER BARRE Dawn C.	9:30 - 10:25am ZUMBA™ Denise Z.	10:15 - 11:15am SEATED YOGA & BALANCE Cyndi (N/S Conference)	9:00 - 10:00am Rockin' the Hills Jen G.	9:30 - 9:55am POWER CARDIO Debra	2-2:55pm RESTORATIVE YOGA Deb S.	10:30 - 11:25am ZUMBA Dawn C.
10:30 - 11:25am W.O.W. Mary Clare	10:30 - 11:25am Pilates Cyndi	10:30 - 11:25am YOGAFLOW LITE Caroline	9:30 - 10:25am H.I.I.T. Cassie/Denise Z.	9:55am - 10:25am HARD CORE Debra	<div style="background-color: #8e8e8e; padding: 10px; text-align: center;"> <p>Facility Hours</p> <p>Monday - Thursday 5am - 10pm</p> <p>Friday 5am - 9pm</p> <p>Saturday & Sunday 7am - 6pm</p> </div>	
11:00 - 11:30am STRETCH & BALANCE Fitness (Basketball Court)	11:30 - 12:25pm STRENGTH LITE Mary Jo	11:00 - 11:30am STRETCH & BALANCE Fitness (Basketball Court)	10:30 - 11:25am GROUP CENTERGY Mary Jo / Tracy H.	10:15 - 11:05am STRENGTH LITE SEATED Lori (N/S Conference)		
11:30 - 12:25pm CARDIO LITE Mary Jo/Joy	12:30 - 1:25pm GROUP CENTERGY Mary Jo	11:30 - 12:25pm GROOVE LITE Cassie	11:30 - 12:25pm STRENGTH LITE Tracy H.	10:30 - 11:25am GROUP ACTIVE Mary Jo		
12:00 - 12:20pm CORE & MORE Fitness (Basketball Court)	1:30-2:25pm VITALITY Mary Clare	12:00 - 12:20pm CORE & MORE Fitness (Basketball Court)	1:00 - 1:50pm SEATED YOGA & BALANCE Cyndi/Tracy H.	11:00 - 11:30am STRETCH & BALANCE Fitness (Basketball Court)		
1:00 - 1:55pm GENTLE YOGA Mary Clare	4:30 - 5:25pm BARRE BLEND Maria	4:00 - 5:00pm KUNDALINI YOGA Jenny B.	5:00 - 5:55pm PILATES Amy	11:30 - 12:25pm YOGAFLOW Caroline		
2:30 - 3:25pm YIN YOGA Jenny B.	5:30 - 6:25pm Yoga Cyndi	4:15 - 5:10pm CARDIO INTERVALS Mary Jo	5:15 - 6:30pm SPIN, TRAIN, & STRETCH Karen C.	12:00 - 12:20pm CORE & MORE Fitness (Basketball Court)		
4:30 - 5:30pm POWER YOGA Cyndi	5:30 - 6:25pm GROUP RIDE Debra	5:15 - 6:10pm YOGA Jenny B.	6:00 - 6:55pm GROUP POWER Marcus	4:30 - 5:30pm YOGA Cyndi		
5:15 - 6:00pm FYI DANCE Denise Q.	6:35 - 7:35pm GROUP POWER Debra	5:30 - 6:10pm CYCLE Evelyn	7:30 - 8:25pm YOGA Al	5:35 - 6:30pm GROOVE Evelyn		
5:35 - 6:05pm HARD CORE Debra		6:15 - 7:00pm GROOVE EVELYN				
6:15 - 7:15pm H.E.A.T. Cassie/Steph		7:05pm - 8:00pm POWER PILATES Desiree				
7:30 - 8:25pm YOGA Al						
8:30 - 9:25pm SOUND HEALING Jenny B.						

Facility Hours

Monday - Thursday
5am - 10pm


Friday
5am - 9pm


Saturday & Sunday
7am - 6pm

Classes include time for equipment setup and removal within each class.

Classes are subject to change at any time due to instructor availability or low participation.

Download the
DHFC Mobile App
for up to date class
schedules, special events,
and real time notifications.

 Express classes are 45 min or less

 New program, time, and/or instructor update

Athletic Cardio, Strength, and Blended Classes

CARDIO BLENDER: Dynamic cardio can take any shape or form. Class will also include body blasting strength training and core.

CARDIO INTERVAL: Dynamic cardio with strength sets designed for all levels.

CARDIO LITE: A low impact cardio workout for all levels looking to get their heart rate up.

CORE & MORE: A 20 minute class specially designed to focus on the entire core.

CORE & STRENGTH: This unique express class on the basketball court is a challenging workout at any level.

GROUP ACTIVE by MOSSA™: Get stronger, fitter, and healthier with inspiring music, weights, body weight, and simple athletic movements.

GROUP POWER by MOSSA™: Power through the sweat, and discover your personal best in a motivating group atmosphere.

HARD CORE: Strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster in all you do

H.E.A.T. (High Energy Athletic Training): A full body cardio/strength challenge that focuses on athletic style exercises.

H.I.I.T. (High Intensity Interval Training) CIRCUIT: Cardio, strength & flexibility interval training come together for an intense workout.

W.O.W. (women on weights): A full body training program designed to increase strength in a fun group setting.

STRENGTH INTERVAL: Full body strength training and cardio bursts combined for a well rounded workout.

STRENGTH LITE / STRENGTH LITE SEATED: Full body strength training designed with lighter weights.

STRETCH & BALANCE: Exercise programming designed to help strengthen hand-eye coordination, flexibility, mobility, and balance.

TBS (Total Body Strength): Challenge yourself in this total body resistance training class

TRIPLE STRENGTH: Stronger Heart, Stronger Muscles and a Stronger Mind combine in this unique class.

Cycle Classes

CYCLE: Indoor cycling at its best. 30, 45 and 60 minute classes suitable for everyone looking for a great cardio workout. Bike fittings before class when time allows. Classes may be combined with core, stretch, and yoga as listed on the schedule. Classes are held in Studio 2.

GROUP RIDE by MOSSA™: Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

ROCKIN' THE HILLS: In this high energy indoor cycle class, you'll get a great workout in a fun Group setting

SPIN, TRAIN, & STRETCH: Improve your endurance, strength, and flexibility while combining 45 minutes spinning, 20 minutes strength training and 10 minutes flexibility training.

Dance, Pilates and Barre Classes

BARRE BLEND: Ballet, Pilates and Yoga combine to create this new unique challenge.

FYI DANCE: Come move to the music in Forever Young Innovative Dance. An invigorating yet low impact dance workout.

GROOVE: A fun blend of Jazz, Latin, and hip-hop for a great dance workout.

PILATES: Improve strength, flexibility, and coordination concentrating on the body's core. Create long & lean muscles.

PIYO: A challenging fusion of Pilates and Yoga to help build strength, increase flexibility, improve balance and coordination.

POWER BARRE: Power moves in Ballet, Pilates and Yoga combine to create this new unique challenge.

POWER PILATES: Mat Pilates that may utilize additional equipment. Previous Pilates experience preferred.

ZUMBA™: Dance your way to a fitter you with a Latin dance inspired cardio workout. Ditch the Workout - Join the Party!

Yoga and Balance Classes

GENTLE YOGA: A more gentle yoga practice in an accessible environment.

GROUP CENTERGY by MOSSA™: Music drives the experience as you breathe and sweat through this full-body fitness journey.

KUNDALINI YOGA: The Yoga of Awareness incorporates chanting and meditation into a full mind/body practice.

SOUND HEALING: Meditation using varying musical venues to help you experience a deeper meditation practice.

mPOWER YOGA: Find your inner power in this unique mind/body yoga experience.

POWER YOGA: Power Yoga moves are utilized in this class. Some Yoga experience recommended.

RESTORATIVE YOGA: Restore & Renew with this Yoga class that combines Vinyasa and Hatha practice into an amazing yoga class.

SEATED YOGA & BALANCE: A more gentle yoga practice or for those with mobility or physical issues that includes balance work.

STRETCH & BALANCE: Enhance your balance and flexibility. Gentle class designed for older adults. Meet on basketball court.

VITALITY: A gentle practice on different ways Yoga can support your health

YIN YOGA: Develop a deeper level of meditation with this passive practice that helps to stretch the tissues around the joints.

YOGA: Open to all levels of yoga practice. May take elements from various Yoga styles.

YOGA FLOW: Flowing movements & strong postures. All levels welcome.

AQUATIC GROUP EXERCISE SCHEDULE LAP POOL

(SEE OTHER SIDE FOR THERAPY POOL SCHEDULE)

Begins 3/11/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 7:00am
5:00 - 8:25am OPEN SWIM/WORKOUT	5:00 - 6:40am #LAP SWIM No Coach on Deck	5:00 - 6:40am OPEN SWIM/WORKOUT	5:00 - 6:40am #LAP SWIM No Coach on Deck	5:00 - 9:55am OPEN SWIM/WORKOUT	7:00 - 8:00am #COACHED LAP SWIM Nicole/Rotation
8:30 - 9:20am Deep H2O Denise or Monika	6:45 - 7:35am CIRCUIT DU SOLEIL Deb S.	6:45 - 7:35am AQUA COMBO Shawn	6:45 - 7:35am DEEP H2O & TABATA Deb S.	10:00 - 10:55am AQUA ZUMBA Charity	8:05 - 9:25am OPEN SWIM/WORKOUT
9:30 - 10:25am AQUA COMBO Cyndi	7:40 - 9:10am OPEN SWIM/WORKOUT	7:40 - 8:55am OPEN SWIM/WORKOUT	7:40 - 9:10am OPEN SWIM/WORKOUT	11:30 - 12:30pm #USMS SWIM Sonjia	9:30 - 10:25am AQUA COMBO Rotation - See Website
10:30 - 11:25am OPEN SWIM/WORKOUT	9:15 - 10:05am DEEP H2O Cyndi or Monika	9:00 - 9:55am AQUA POWER Shawn	9:15am - 10:05am DEEP H2O BOOTCAMP Tracy H.	12:35 - 4:25pm OPEN SWIM/WORKOUT	10:30 - 5:45pm OPEN SWIM/WORKOUT
11:30 - 12:30pm #USMS SWIM Janine	10:30 - 11:20am MS AQUATICS Monika or Mary Jo	10:00 - 10:55am AQUA ZUMBA Charity	10:30 - 11:20am MS AQUATICS Lori	4:30 - 5:30pm #USMS SWIM Karen O.	10:45 - 11:15am #PRESCHOOL GROUP
12:35 - 5:55pm OPEN SWIM/WORKOUT	11:25 - 5:55pm OPEN SWIM/WORKOUT	11:00 - 11:25am OPEN SWIM/WORKOUT	11:25 - 5:25pm OPEN SWIM/WORKOUT	5:35 - 8:45pm OPEN SWIM/WORKOUT	POOL CLOSSES AT 5:45pm
2:00 - 6:00pm #FVSRA	4:00 - 4:30pm #ORTHOSWIM Jane	11:30 - 12:30pm #USMS SWIM Christine	2:00 - 6:00pm #FVSRA	POOL CLOSSES AT 8:45pm	
6:00 - 7:00pm #COACHED LAP SWIM Courtney	7:00-7:50pm MOMMY FIT Liz	12:35 - 5:55pm OPEN SWIM/WORKOUT	5:30 - 6:25pm AQUA COMBO Terri		
7:05 - 9:45pm OPEN SWIM/WORKOUT	8:05 - 9:45pm OPEN SWIM/WORKOUT	2:00 - 6:00pm #FVSRA	6:30 - 9:45pm OPEN SWIM/WORKOUT		
POOL CLOSSES AT 9:45pm	POOL CLOSSES AT 9:45pm	6:00 - 7:00pm #COACHED LAP SWIM Kelly POOL CLOSSES AT 9:45pm	POOL CLOSSES AT 9:45pm		

Sunday
POOL OPENS at 7:00am
9:30 - 10:25am AQUA COMBO Rotation - See Website
POOL CLOSSES AT 5:45pm

Facility Hours

Mon - Thu
5am - 10pm
Fri
5am - 9pm
Sat - Sun
7am - 6pm

Classes subject to change due to instructor availability or low participation. Classes include time for equipment setup and removal within each class. During all classes at least 2 lanes will be available for members and swim lessons.

AQUA COMBO: Traditional training and sports-based cardio. May contain both shallow and deep exercises.

AQUA POWER: A cardio & resistance challenge designed to build strength and endurance.

AQUA ZUMBA: All the fun of Zumba dance offered in the pool for a fun workout.

CIRCUIT DU SOLIEL: Kick off your morning with this fun low impact aqua circuit class that will keep you moving.

DEEP H₂O: Make the water your personal trainer with this deep water resistance interval workout.

DEEP H₂O BOOTCAMP: This aqua challenge has all the best deep aqua work using equipment and resistance exercises.

DEEP H₂O TABATA: Deep water resistance with 20/10 Tabata Intervals.

MOMMY FIT: Formerly Prenatal Aqua. Part of Mommy Fit Pre/Postnatal program. (Fee for non-members)

MS AQUATICS: Aquatic exercise class for people with Multiple Sclerosis, or others needing exercise in cooler water.

OPEN SWIM AND SPECIAL PROGRAMS

OPEN SWIM/WORKOUT: At these times the pool is available to all members for lap swim and water workout.

#COACHED LAP SWIM#: Pool usage is limited to Masters participants. Must register to attend.

#LAP SWIM#: Pool usage is lap swim only and open to members and Masters participants.


#USMS SWIM #: Pool usage is limited to Masters participants. Must register to attend.

#FVSRA, # ORTHOSWIM, and #PRESCHOOL GROUP require limited space in the pool but have priority.

AQUATIC GROUP EXERCISE SCHEDULE THERAPY POOL

(SEE OTHER SIDE FOR LAP POOL SCHEDULE)

Begins 3/11/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 7:00am
8:00 - 8:55am HEALTHY JOINTS Lori	8:00 - 8:55am #MVSEC Sept - May	8:00 - 8:55am AQUA YOGA & CARDIO Cyndi	8:00 - 8:55am HIP, KNEE & BACK Lori	8:00 - 8:55am AQUA PILATES Denise Q.	8:30 - 9:25am HEALTHY JOINTS Rotation - See Website
9:00 - 9:55am HIP, KNEE & BACK Lori	9:15 - 10:05am ARTHRITIS INTERVAL Monika or Cyndi	9:15 - 10:10am WATER WELLNESS Joy/Monika	9:00 - 9:50am ARTHRITIS INTERVAL Lori	9:15 - 10:10am WATER WELLNESS Denise Q.	10:00 - 10:30am #LITTLE LEARNERS 9/8 - 10/13
10:30 - 11:20am HEALTHY JOINTS Cyndi	10:15 - 11:05am AQUA PILATES Denise Q. or Monika	10:15 - 11:05am AQUA MOTION Deb S.	10:10 - 11:05am AQUA MOTION Tracy H. or Melanie	10:20 - 11:10am HEALTHY JOINTS Sue B.	10:45 - 11:40am WATER WELLNESS Rotation - See Website
1:00 - 1:55pm HEALTHY JOINTS Sue C.	11:20 - 12:10pm AI CHI Tracy H.	11:15 - 12:00pm #ORTHOKIDS 1/21 - 2/28 & 4/15 - 5/23	11:20 - 12:10pm ARTHRITIS STRETCH Lori	11:15 - 12:05pm TGIF AQUA Deb	POOL CLOSING AT 5:45PM
2:00 - 2:55pm WATER WELLNESS Judi	12:30 - 1:25pm AQUA MIX  Monika	1:00 - 1:55pm WATER WELLNESS Judi	4:15 - 5:00pm #ORTHOKIDS 1/21 - 2/28 & 4/15 - 5/23	12:05 - 12:55pm Yoga, STRETCH & AI CHI Deb S.	Sunday POOL OPENS at 7:00am POOL CLOSING AT 5:45pm
4:15 - 5:00pm #ORTHOKIDS 1/21 - 2/28 & 4/15 - 5/23	4:15 - 5:00pm #ORTHOKIDS 1/21 - 2/28 & 4/15 - 5/23	4:15 - 5:00pm #ORTHOKIDS 1/21 - 2/28 & 4/15 - 5/23	5:15 - 6:00pm WATER WELLNESS Liz	POOL CLOSING AT 8:45pm	
6:30 - 7:30pm PILATES, MOVE & STRETCH Denise Q.	6:00 - 6:55pm WATER WELLNESS Liz	6:00 - 6:55pm HEALTHY JOINTS & CORE Denise Q.	6:00 - 6:55pm HEALTHY JOINTS Tamie		
POOL CLOSING AT 9:45pm	POOL CLOSING AT 9:45pm	POOL CLOSING AT 9:45pm	POOL CLOSING AT 9:45pm		

Facility Hours
Monday - Thursday 5am - 10pm
Friday 5am - 9pm
Saturday & Sunday 7am - 6pm

The Therapy Pool is available for use when classes are not in session.
Classes subject to change at any time due to instructor availability or low participation.
Classes include time for equipment setup and removal within each class.

- AI CHI:** Tai Chi movements performed in shoulder level warm water designed to offer a mild aerobic and relaxation program.
- YOGA, STRETCH, & AI CHI:** This program will combine the grace of Tai Chi, with aqua yoga, stretching and range of motion.
- ARTHRITIS INTERVAL:** This class is designed for people who need more cardiovascular and resistance work in the warm pool.
- ARTHRITIS STRETCH:** Stretching exercises, appropriate for people with arthritis, in warm water.
- AQUA MIX:** Enjoy a light cardio workout in the warm water, followed by light stretching and yoga.
- AQUA MOTION:** Cardio, strength, range of motion, balance and core work. A great overall workout in the therapy pool.
- AQUA PILATES:** Increase flexibility, balance and core stabilization using Pilates based movements.
- AQUA YOGA & CARDIO:** A light cardio warm-up followed by a relaxing and revitalizing yoga class.
- HEALTHY JOINTS:** A low impact class that offers range of motion exercises that are great for aching joints.
- HEALTHY JOINTS & CORE:** A combination of Healthy Joints and core work for a unique and balanced workout.
- HIP, KNEE & BACK:** A unique class designed specifically to work on the hip, knee and back areas of the body.
- MOVE & STRETCH:** A great overall therapy pool class focusing on posture, stretching, and aerobic conditioning.
- TGIF AQUA:** A fun and challenging program for those who benefit from warm water exercises.
- WATER WELLNESS:** Increase range of motion & strengthen muscles. Ease aching joints while getting a great workout.
- #LITTLE LEARNERS:** Children 6—35months work with a parent/guardian to create a positive aquatic experience.
- #ORTHOKIDS:** A therapeutic aquatic class designed for children with neurological and orthopaedic conditions who would benefit from the properties of warm water to maximize movement abilities and independence. Space may be limited.