









LAND GROUP EXERCISE SCHEDULE

***REGISTRATION IS REQUIRED**

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

Begins 7/13/20

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:50am YOGA FLOW Mary Clare	9:00 - 9:50am PILATES Cyndi	6:00 - 6:50am H.I.I.T. Meredith	8:00 - 8:50am GENTLE YOGA Mary Clare	8:45 - 9:35am ZUMBA Charity 
9:00 - 9:50am CYCLE & CORE Cyndi	10:15 - 11:05am ZUMBA Denise 	9:00 - 9:50am CYCLE & CORE Cyndi	9:15 - 9:45am KICKBOX EXPRESS Cassie 	10:00 - 10:50am TRIPLE STRENGTH Cassie
9:15 - 9:45am TABATA Cassie 	6:00 - 7:00pm TRIPLE STRENGTH Debra	9:00 - 9:30am TABATA Cassie 	10:15 - 11:05am FIT TO THE CORE Nathalia	11:30 - 12:20pm YOGA FLOW Caroline
10:15 - 11:05am W.O.W. Cyndi		10:15 - 11:05am SEATED YOGA & STANDING BALANCE Cyndi	6:00 - 7:00pm GROUP POWER Debra 	
5:00 - 5:50pm POWER PILATES Caroline		11:30 - 12:20pm GROOVE LITE Cassie		
6:00 - 6:50pm SPIN & TRAIN Debra		6:00 - 6:50pm SPIN & TRAIN Debra		
6:30 - 7:20pm GROUP POWER Mark 		6:30 - 7:20PM GROUP POWER Mark 		


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

Classes include time for equipment setup and removal within each class. Please wipe all equipment before and after every use. We appreciate you helping to keep our facility clean.

All participants must register to attend class. Registration opens the day prior to the class.

To Register stop by the fitness desk or call (630)938-9550.

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

 Express classes are 30 minutes

Athletic Cardio, Strength, and Blended Classes

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

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

KICKBOX: High energy aerobic style kickboxing for the ultimate workout.

TABATA: Increase your aerobic and your anaerobic capacity in this high intensity strength and cardiovascular class.

TRIPLE STRENGTH: Cardio, Strength and Core work at it's best. Join this optimal workout.

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

Cycle Classes

CYCLE: Indoor cycling at its best 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.

SPIN & TRAIN: Enjoy this fusion of cycling drills and strength training for a total body workout.

Dance, Pilates and Barre Classes

FIT TO THE CORE: This class will challenge you and your core while combining Pilates and strength training

GROOVE LITE: A fun blend of Jazz, Latin and Hip-Hop with modified moves for a great dance workout.

PILATES: Improve strength, flexibility, and coordination concentrating on the body's core.

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.

SEATED YOGA & BALANCE: A more gentle yoga practice that includes balance work.

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