

# LAND GROUP EXERCISE SCHEDULE

**\*REGISTRATION IS REQUIRED**

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

**Begins 10/22/20**

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8:00 - 8:50am YOGA FLOW Mary Clare	8:00 - 8:45am GENTLE YOGA Cyndi	5:15 - 6:00am HIIT Meredith	5:15 - 6:05am CYCLE Dawn W.	8:45 - 9:35am ZUMBA Charity	8:30 - 9:20am YOGA Susan
9:00 - 9:50am CYCLE & CORE Cyndi	9:00 - 9:45am CYCLE Jenn M.	8:00 - 8:50am GROUP POWER Debra	8:00 - 8:50am GENTLE YOGA Mary Clare	10:00 - 10:50am TRIPLE STRENGTH Cassie	9:35 - 10:25am PILATES Caroline
9:15 - 9:45am TABATA Cassie	9:00 - 9:50am PILATES Cyndi	9:00 - 9:50am CYCLE & CORE Cyndi	9:30 - 10:20am KICKBOX Cassie	11:00 - 11:25am STRETCH & BALANCE Fitness (Basketball Court)	
10:15 - 11:05am W.O.W. Cyndi	10:15 - 11:05am ZUMBA Denise	9:15 - 9:45am TABATA Cassie	11:15 - 12:05pm STRENGTH LITE Tracy H.	11:35 - 12:00pm CORE & MORE Fitness (Basketball Court)	
11:00 - 11:25am STRETCH & BALANCE Fitness (Basketball Court)	11:30 - 12:20pm RESTORATIVE YOGA Terri	10:15 - 11:05am SEATED YOGA & STANDING BALANCE Cyndi	4:45 - 5:35pm YOGA FLOW Cyndi	11:30 - 12:20pm YOGA FLOW Caroline	
11:35 - 12:00pm CORE & MORE Fitness (Basketball Court)	5:00 - 5:50pm TRIPLE STRENGTH Debra	11:00 - 11:25am STRETCH & BALANCE Fitness (Basketball Court)			
5:00 - 5:50pm POWER PILATES Caroline		11:35 - 12:00pm CORE & MORE Fitness (Basketball Court)			
6:30 - 7:20pm GROUP POWER Mark		11:30 - 12:20pm GROOVE LITE Cassie			
		5:00 - 5:50pm WERQ Jenny D.			
		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***

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

**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.

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

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

**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.

## ***Dance, Pilates and Barre Classes***

**BARRE FUSION:** Condition your body for longer stronger muscles with this fusion of BARRE and Pilates.

**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!

**WERQ:** Come have fun in this wildly addictive cardio dance workout based on the hottest pop and hip hop music.

## ***Yoga and Balance Classes***

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

**RESTORATIVE YOGA:** Renew and restore the body using active and passive yoga poses, rejuvenating you for the rest of your day. Participants apply what best serves their body while practicing mindfulness.

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

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