

# LAND GROUP EXERCISE SCHEDULE

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

**Begins 8/8/22**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45am SCUPLT & HIIT Jenny D.	5:15 - 6:15am CYCLE Dawn W.	5:15 - 6:15am HIIT Darlene	5:15 - 6:15am CYCLE Dawn W.	9:00 - 9:50am CYCLE Andrea	8:15 - 9:00am CYCLE Jenn	8:15 - 9:00am CYCLE Andrea
9:00 - 9:50am CYCLE & SCUPLT Kathy	8:30 - 9:20am BODYPUMP Jenny D.	8:00 - 8:50am STRONG Cecilia	9:00 - 9:50am KICKBOX Cassie	9:00 - 9:50am ZUMBA Cassandra	9:15 - 10:10am HIIT Darlene	9:30 - 10:20am PILATES Caroline
10:00 - 10:50am ZUMBA Cassandra	9:00 - 9:45am CYCLE Jenn	9:00 - 9:50am CYCLE & SCUPLT Kathy	10:00 - 10:50am YOGA FLOW & CORE Mary Jo	10:00 - 10:50am BODYPUMP Cassie	10:30 - 11:20am RESTORATIVE YOGA FLOW Deb	10:30 - 11:20am YOGA Caroline
10:00-10:25am CORE & MORE Kathy (Basketball Court)	9:30 - 10:20am GROOVE Cassie	9:00 - 9:35am TABATA Cassie	11:00 - 11:50am STRENGTH LITE Tracy H.	11:00 - 11:50am YOGA FLOW Caroline		
10:30 - 10:55am STRETCH & BALANCE Kathy (Basketball Court)	10:30 - 11:20am MINDFUL YOGA Terri	10:00 - 10:50am SEATED YOGA & STANDING BALANCE Cassandra	4:30 - 5:20pm PILATES Caroline	11:00-11:25am CORE & MORE Kathy (Basketball Court)		
11:00 - 11:50am STRONG Cecilia	11:30 - 12:20pm STRENGTH LITE Mary Jo	10:00 - 10:25am CORE & MORE Kathy (Basketball Court)	7:30 - 8:20pm YOGA Al	11:30 - 11:55am STRETCH & BALANCE Kathy (Basketball Court)		
12:00 - 12:45pm SEATED YOGA & STANDING BALANCE Deb	5:30 - 6:20pm CYCLE Shawn	10:30 - 10:55am STRETCH & BALANCE Kathy (Basketball Court)				
5:30 - 6:20pm SPORTS YOGA Caroline	7:30 - 8:20pm YOGA Al	11:00 - 11:50am GROOVE LITE Cassie				
6:30 - 7:25pm BODYPUMP Mark		12:00 - 12:50 YOGA FLOW Caroline				
7:35 - 8:25pm RESTORATIVE YOGA Terri		6:30 - 7:25PM BODYPUMP 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 cycle classes. 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.

*Highlighted class indicate new program, time, and/or instructor update*

# ***Athletic Cardio, Strength, and Blended Classes***

**BODYPUMP:** A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.

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

**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.

**POWER HOUR:** Power through your workout in this class designed to challenge your entire body in an inspiring group atmosphere.

**SCUPLT & HIIT:** Challenge yourself with this full body interval workout that includes bodyweight exercises along with strength and cardio training.

**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.

**STRONG:** A full body training program designed to improve strength across multiple movement patterns in a fun group setting.

**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.

## ***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.

**CYCLE & SCUPLT:** Improve your endurance and strength while combining spinning and strength training.

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

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

**BARRELATES:** A combination of Barre and Pilates for an energizing full body workout.

**GROOVE:** A fun blend of Jazz, Latin and Hip-Hop for a great dance workout.

**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.

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

**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

**MINDFUL YOGA:** A mindful practice while moving intentionally through yoga poses.

**RESTORATIVE YOGA FLOW:** Renew and restore the body using active and passive yoga poses. All levels welcome.

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

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

**SPORTS YOGA:** Calling all athletes and weekend warriors alike! Take this time to stretch your muscles while enjoying emotive music in this yoga class designed for you.

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

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

**YOGA FLOW & CORE:** Faster paced flowing yoga and Pilates-based core class designed to promote strength, flexibility, and balance. Movement is music driven and interspersed with bursts of power to generate heat in the body. Modifications will be demonstrated, all levels welcome."