

LAND GROUP EXERCISE SCHEDULE

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

Begins 3/8/23

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|--|---------------------------------------|
| 9:00 - 9:45am SCULPT & HIIT Jenny D. | 5:15 - 6:15am CYCLE Dawn W. | 5:15 - 6:15am HIIT Darlene | 5:15 - 6:15am CYCLE Dawn W. | 8:00 - 8:50am BARRELATES Cassandra | 8:15 - 9:00am CYCLE Jenn | 8:15 - 9:00am CYCLE Andrea |
| 9:00 - 9:50am CYCLE & SCULPT Kathy | 8:30 - 9:20am BODYPUMP Jenny D. | 8:00 - 8:50am STRONG Kathy | 9:00 - 9:50am KICKBOX Cassie | 8:00 - 8:50am CARDIO SCULPT Andrea (Basketball Court) | 9:15 - 10:10am HIIT Darlene | 9:30 - 10:20am PILATES Caroline |
| 10:00 - 10:50am BARRELATES Cassandra | 9:00 - 9:45am CYCLE Jenn | 9:00 - 9:50am CYCLE & SCULPT Kathy | 10:00 - 10:50am YOGA FLOW & CORE Mary Jo | 9:00 - 9:50am CYCLE Andrea | 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 - 9:50am TABATA Cassie | 11:00 - 11:50am STRENGTH LITE Tracy H. | 9:00 - 9:50am GROOVE Cassie | | |
| 10:30 - 10:55am STRETCH & BALANCE Kathy (Registration required) | 10:30 - 11:20am MINDFUL YOGA Terri | 10:00 - 10:50am SEATED YOGA & STANDING BALANCE Cassandra | 12:00 - 12:50pm GENTLE YOGA Mary Clare | 10:00 - 10:50am BODYPUMP Cassie | | |
| 11:00 - 11:50am STRONG Andrea | 11:30 - 12:20pm STRENGTH LITE Mary Jo | 10:00 - 10:25am CORE & MORE Kathy (Basketball Court) | 4:30 - 5:20pm PILATES Caroline | 11:00 - 11:50am YOGA FLOW Caroline | | |
| 12:00 - 12:45pm SEATED YOGA & STANDING BALANCE Deb | 12:30 - 1:20pm GENTLE YOGA Mary Clare | 10:30 - 10:55am STRETCH & BALANCE Kathy (Registration required) | 7:30 - 8:20pm YOGA Al | 11:00 - 11:25am CORE & MORE Kathy (Basketball Court) | | |
| 5:30 - 6:20pm SPORTS YOGA Caroline | 5:30 - 6:20pm KICKBOX Rina | 11:00 - 11:50am GROOVE LITE Cassie | | 11:30 - 11:55am STRETCH & BALANCE Kathy (Registration required) | | |
| 6:30 - 7:20pm BODYPUMP Kathy | 6:30 - 7:25pm POWER HOUR Rina | 12:00 - 12:50pm YOGA FLOW Caroline | | | | |
| 7:30 - 8:25pm STRETCH & RESTORE Terri | 5:30 - 6:20pm CYCLE Shawn | 5:30 - 6:20pm WERQ Jenny D. | | | | |
| 8:35 - 9:30pm SOUND HEALING Jenny B. | 7:30 - 8:20pm YOGA Al | 6:30 - 7:25pm BODYPUMP Jenny D. | | | | |
| | | 8:00 - 8:55pm 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. 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

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.

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.

STRETCH & RESTORE: Stretch & Restore allows a break at the end of your day to gently stretch your body while calming the mind. After stretching each class will conclude with a guided meditation. Wear comfortable clothing and bring a blanket or covering that will keep you warm & content during the restful meditation.

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.