

# LAND GROUP EXERCISE SCHEDULE

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

**\*REGISTRATION IS REQUIRED**

**Begins 4/1/2024**

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.	5:30 - 6:20am TRIPLE STRENGTH Jenn	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 BODYCOMBAT Cassie	8:00 - 8:50am BARRELATES Cassandra	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	8:00 - 8:50am CARDIO SCULPT Andrea (Basketball Court)	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 *LES MILLS RPM Andrea		
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 Caroline	9:00 - 9:50am GROOVE 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	10:00 - 10:50am BODYPUMP Cassie		
12:00 - 12:45pm SEATED YOGA & STANDING BALANCE Deb	5:00 - 5:50pm *CYCLE Shawn	10:30 - 10:55am STRETCH & BALANCE Kathy (Registration required)	5:30 - 6:20pm SPORTS YOGA Caroline	11:00 - 11:50am YOGA FLOW Caroline		
1:00 - 1:50pm H.E.A.T. Jerome	6:30 - 7:25pm ZUMBA Porcha	11:00 - 11:50am GROOVE LITE Cassandra	6:30 - 7:25pm ZUMBA Porcha	11:00 - 11:25am CORE & MORE Kathy (Basketball Court)		
5:30 - 6:20pm SPORTS YOGA Caroline	7:30 - 8:20pm YOGA Al	12:00 - 12:50pm YOGA FLOW Caroline	7:30 - 8:20pm YOGA Al	11:30 - 11:55am STRETCH & BALANCE Kathy (Registration required)		
6:30 - 7:20pm PURE STRENGTH Jenn		5:30 - 6:20pm WERQ Jenny D.				
7:30 - 8:25pm STRETCH & RESTORE Terri		6:30 - 7:20pm BODYPUMP Jenny D.				
8:35 - 9:30pm SOUND HEALING Jenny B.		8:30 - 9:25pm SOUND HEALING Jenny B.				

### Facility Hours

Monday - Thursday

5am - 10pm

Friday

5am - 9pm

Saturday & Sunday

*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 Service Desk or call (630)938-9000.**

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***

**BODYCOMBAT:** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness.

**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.E.A.T. (High Energy Athletic Training):** This high energy circuit will give you a full body cardio/strength challenge, focusing on athletic style exercises strengthening your muscles and mind.

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

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

**PURE STRENGTH:** Total body strength training using barbells and free weights for an ultimate workout.

**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 its best. Join for an 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.

**LES MILLS RPM™ :** With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

## ***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.

**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.

**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.