



# Land Fitness

December Schedule

| Event                    | Event Day | Event Time        | Facility       | Staff        |
|--------------------------|-----------|-------------------|----------------|--------------|
| Total Body Training      | Monday    | 5:30am - 6:15am   | DRC Gym 3      | Sara K.      |
| Cardio Core              | Monday    | 9:00am - 10:00am  | Studio C       | Cindy C.     |
| Senior Strength Training | Monday    | 10:00am - 11:00am | Studio R       | Stacy D.     |
| Muscle Mania             | Monday    | 10:15am - 11:15am | Studio C       | Rachel P.    |
| Muscle Mania Express     | Monday    | 4:00pm - 4:45pm   | Studio C       | Weatherly P. |
| Total Body Training      | Monday    | 5:30pm - 6:15pm   | Studio C       | Cindy C.     |
| Pilates                  | Monday    | 6:30pm—7:15pm     | Studio R       | Cindy C.     |
| Strong Circuit Express   | Monday    | 7:30pm - 8:00pm   | DRC Gym 3      | Joe B.       |
| Strong Circuit Express   | Monday    | 8:00pm - 8:30pm   | DRC Gym 3      | Joe B.       |
| Rip Training             | Tuesday   | 5:30am - 6:15am   | DRC Gym 3      | Madison H.   |
| Barre                    | Tuesday   | 5:30am - 6:15am   | Studio R       | Courtney C.  |
| Barre Pilates            | Tuesday   | 8:15am - 9:00am   | Studio R       | Cindy C.     |
| HIIT                     | Tuesday   | 9:15am - 10:00am  | Studio C       | Lori T.      |
| Please Stay Seated       | Tuesday   | 11:00am - 11:30am | Studio C       | Amy R.       |
| Fit for Life             | Tuesday   | 11:15am - 12:00pm | Studio R       | Stacy D.     |
| Boot Camp                | Tuesday   | 4:00pm - 4:45pm   | Studio C       | Sam J.       |
| Total Body Express       | Tuesday   | 5:45pm - 6:30pm   | Studio C       | Jenni J.     |
| Zumba                    | Tuesday   | 6:45pm - 7:45pm   | Studio C       | Jessica M.   |
| Total Body Training      | Wednesday | 5:30am - 6:15am   | Studio C       | Sara K.      |
| Pilates Strength         | Wednesday | 8:15am - 9:00am   | Studio C       | Cindy C.     |
| Cardio Core              | Wednesday | 9:00am - 10:00am  | Studio C       | Cindy C.     |
| Senior Strength Training | Wednesday | 10:00am - 11:00am | Studio R       | Stacy D.     |
| Muscle Mania             | Wednesday | 10:15am - 11:15am | Studio C       | Rachel P.    |
| Nothing But Guts         | Wednesday | 12:15pm - 12:45pm | Studio C       | Weatherly P. |
| Step Express             | Wednesday | 12:45pm - 1:15pm  | Studio C       | Weatherly P. |
| Muscle Mania Express     | Wednesday | 4:00pm - 4:45pm   | Studio C       | Dawn B.      |
| Total Body Training      | Wednesday | 5:30pm - 6:15pm   | Studio C       | Cindy C.     |
| Barre Fusion             | Wednesday | 6:30pm - 7:15pm   | Studio R       | Cindy C.     |
| Strong Fit               | Wednesday | 8:00pm - 9:00pm   | Fitness Center | Joe B.       |
| Rip Training             | Thursday  | 5:30am - 6:15am   | DRC Gym 3      | Madison H.   |
| Barre                    | Thursday  | 5:30am - 6:15am   | Studio R       | Courtney C.  |
| Barre Pilates            | Thursday  | 8:15am - 9:00am   | Studio R       | Cindy C.     |
| HIIT                     | Thursday  | 9:15am - 10:00am  | Studio C       | Lori T.      |
| Chair Yoga               | Thursday  | 11:00am - 11:30am | Studio C       | Amy R.       |
| Fit for Life             | Thursday  | 11:15am - 12:00pm | Studio R       | Rachel P.    |
| Boot Camp                | Thursday  | 4:00pm - 4:45pm   | Studio C       | Sam J.       |
| Total Body Express       | Thursday  | 5:45pm - 6:30pm   | Studio C       | Jenni J.     |
| Zumba                    | Thursday  | 6:45pm - 7:45pm   | Studio C       | Jessica M.   |
| Total Body Training      | Friday    | 5:30am - 6:15am   | DRC Gym 3      | Sara K.      |
| Pilates Strength         | Friday    | 8:15am - 9:00am   | Studio C       | Cindy C.     |
| Cardio Core              | Friday    | 9:00am - 10:00am  | Studio C       | Cindy C.     |
| Homeschool Family Fit    | Friday    | 9:00am - 9:45am   | Studio R       | Nicole R.    |
| Muscle Mania             | Friday    | 10:15am - 11:15am | Studio C       | Rachel P.    |
| Muscle Mania             | Friday    | 4:30pm - 5:30pm   | Studio C       | Dawn B.      |
| Weekend Warrior          | Saturday  | 8:30am - 9:30am   | DRC Gym 3      | Joe B.       |
| Zumba                    | Saturday  | 10:15am - 11:15am | Studio C       | Jessica M.   |



# Mind and Body

| Event                  | Event Day | Event Time        | Facility | Staff        |
|------------------------|-----------|-------------------|----------|--------------|
| Restorative Yoga       | Monday    | 8:15am - 9:00am   | Studio D | Victoria M.  |
| Yoga                   | Monday    | 5:00pm - 6:00pm   | Studio D | Kay H.       |
| Yoga Light             | Monday    | 6:15pm - 7:00pm   | Studio D | Sara K.      |
| Hot Yoga               | Monday    | 7:30pm - 8:30pm   | Studio D | Kelli F.     |
| Hot Piyo               | Tuesday   | 5:15am - 6:00am   | Studio D | Jenni J.     |
| Stretch and Strength   | Tuesday   | 10:00am - 10:45am | Studio D | Amy R.       |
| Stretch and Strength   | Tuesday   | 4:30pm - 5:15pm   | Studio D | Amy R.       |
| Broyoga                | Tuesday   | 6:00pm - 7:00pm   | Studio D | Stephanie T. |
| Yoga                   | Wednesday | 4:30pm - 5:30pm   | Studio D | Kay H.       |
| Hot Piyo               | Wednesday | 5:45pm - 6:45pm   | Studio D | Jenni J.     |
| Hot Yoga               | Wednesday | 7:30pm - 8:30pm   | Studio D | Kelli F.     |
| Hot Yoga               | Thursday  | 5:30am - 6:15am   | Studio D | Kelli F.     |
| Storytime Stretch      | Thursday  | 9:00am - 9:30am   | Studio D | Nicole R.    |
| Stretch and Strength   | Thursday  | 10:00am - 10:45am | Studio D | Amy R.       |
| Vinyasa Yoga           | Thursday  | 6:00pm - 6:45pm   | Studio D | Andey R.     |
| Restorative Yoga       | Thursday  | 7:00pm - 7:45pm   | Studio D | Aimee T.     |
| Candlelight Yoga       | Thursday  | 8:00pm - 8:45pm   | Studio D | Aimee T.     |
| Early Morning Hot Piyo | Friday    | 5:15am - 6:00am   | Studio D | Jenni J.     |
| Yoga                   | Friday    | 9:00am - 10:00am  | Studio D | Kay H.       |
| Yoga                   | Saturday  | 8:15am - 9:15am   | Studio D | Victoria M.  |
| Vinyasa Yoga           | Sunday    | 1:15pm - 2:15pm   | Studio D | Andey R.     |
| Hot Piyo               | Sunday    | 3:00pm - 4:00pm   | Studio D | Jill T.      |

# Cycle Classes

| Event          | Event Day | Event Time       | Facility     | Staff        |
|----------------|-----------|------------------|--------------|--------------|
| Cycle and Tone | Monday    | 9:00am - 10:00am | Cycle Studio | Lisa J.      |
| Cycle and Core | Monday    | 5:45pm - 6:45pm  | Cycle Studio | Dawn B.      |
| Start Spinning | Monday    | 7:00pm - 7:30pm  | Cycle Studio | Paula M.     |
| Just Spin      | Tuesday   | 5:30am - 6:15am  | Cycle Studio | Mary Ann L.  |
| Just Spin      | Tuesday   | 9:15am - 10:00am | Cycle Studio | Weatherly P. |
| Cycle and Tone | Tuesday   | 5:30pm - 6:30pm  | Cycle Studio | Lisa J.      |
| Start Spinning | Tuesday   | 6:45pm - 7:15pm  | Cycle Studio | Lauren M.    |
| Cycle and Tone | Wednesday | 9:00am - 10:00am | Cycle Studio | Lauren M.    |
| Cycle and Core | Wednesday | 5:45pm - 6:45pm  | Cycle Studio | Weatherly P. |
| Start Spinning | Wednesday | 7:00pm - 7:30pm  | Cycle Studio | Weatherly P. |
| Just Spin      | Thursday  | 5:30am - 6:15am  | Cycle Studio | Mary Ann L.  |
| Just Spin      | Thursday  | 9:15am - 10:00am | Cycle Studio | Weatherly P. |
| Cycle and Tone | Thursday  | 5:30pm - 6:30pm  | Cycle Studio | Adam H.      |
| Start Spinning | Thursday  | 6:45pm - 7:15pm  | Cycle Studio | Adam H.      |



## Water Classes

| Event                     | Event Day | Event Time        | Facility       | Staff        |
|---------------------------|-----------|-------------------|----------------|--------------|
| Aqua Zumba                | Monday    | 5:15am - 6:00am   | Leisure Area 5 | Stephanie S. |
| Interval Waves            | Monday    | 7:00am - 7:45am   | Leisure Area 5 | Janice K.    |
| Aqua Challenge            | Monday    | 8:00am - 9:00am   | Leisure Area 5 | Janice K.    |
| Aerobic Waves             | Monday    | 9:00am - 10:00am  | Leisure Area 5 | Aimee E.     |
| Aerobic Waves             | Monday    | 10:00am - 11:00am | Leisure Area 5 | Janice K.    |
| HIIT the Water            | Monday    | 5:45pm - 6:30pm   | Leisure Area 5 | Angie B.     |
| Pumping Water             | Tuesday   | 6:45am - 8:15am   | Leisure Area 5 | Carol R.     |
| HIIT the Deep Water       | Tuesday   | 8:15am - 9:00am   | Leisure Area 5 | Lori T.      |
| Aqua Stretch and Strength | Tuesday   | 9:00am - 9:45am   | Leisure Area 5 | Amy R.       |
| Tabata Waves              | Tuesday   | 10:15am - 11:00am | Leisure Area 5 | Lori T.      |
| Aerobic Waves             | Tuesday   | 5:30pm - 6:30pm   | Leisure Area 5 | Pat E.       |
| Aqua Zumba                | Wednesday | 5:15am - 6:00am   | Leisure Area 5 | Stephanie S. |
| Interval Waves            | Wednesday | 7:00am - 7:45am   | Leisure Area 5 | Janice K.    |
| Aqua Challenge            | Wednesday | 8:00am - 9:00am   | Leisure Area 5 | Janice K.    |
| Aerobic Waves             | Wednesday | 9:00am - 10:00am  | Leisure Area 5 | Aimee E.     |
| Aerobic Waves             | Wednesday | 10:00am - 11:00am | Leisure Area 5 | Janice K.    |
| HIIT the Water            | Wednesday | 5:45pm - 6:30pm   | Leisure Area 5 | Angie B.     |
| Pumping Water             | Thursday  | 6:45am - 8:15am   | Leisure Area 5 | Carol R.     |
| HIIT the Deep Water       | Thursday  | 8:15am - 9:00am   | Leisure Area 5 | Lori T.      |
| Aqua Stretch and Strength | Thursday  | 9:00am - 9:45am   | Leisure Area 5 | Amy R.       |
| Tabata Waves              | Thursday  | 10:15am - 11:00am | Leisure Area 5 | Lori T.      |
| Aerobic Waves             | Thursday  | 5:30pm - 6:30pm   | Leisure Area 5 | Pat E.       |
| Aqua Zumba                | Friday    | 5:15am - 6:00am   | Leisure Area 5 | Stephanie S. |
| Interval Waves            | Friday    | 7:00am - 7:45am   | Leisure Area 5 | Janice K.    |
| Aqua Challenge            | Friday    | 8:00am - 9:00am   | Leisure Area 5 | Janice K.    |
| Aerobic Waves             | Friday    | 9:00am - 10:00am  | Leisure Area 5 | Aimee E.     |
| Aerobic Waves             | Friday    | 10:00am - 11:00am | Leisure Area 5 | Janice K.    |

## OAC Fitness

| Event       | Event Day | Event Time        | Facility        | Staff        |
|-------------|-----------|-------------------|-----------------|--------------|
| Bounce Burn | Monday    | 10:30am-11:15am   | Activity Studio | Cindy C.     |
| Zumba       | Monday    | 6:00pm-7:00pm     | Activity Studio | Amy N.       |
| Bounce Burn | Tuesday   | 5:15pm-6:00pm     | Activity Studio | Weatherly P. |
| Power Lunch | Wednesday | 11:15am - 11:45am | Activity Studio | Susie W.     |
| Power Lunch | Wednesday | 11:45am - 12:15pm | Activity Studio | Susie W.     |
| Zumba       | Wednesday | 6:00pm-7:00pm     | Activity Studio | Amy N.       |
| Power Lunch | Friday    | 11:15am - 11:45am | Activity Studio | Susie W.     |
| Power Lunch | Friday    | 11:45am - 12:15pm | Activity Studio | Susie W.     |

# Water Fitness

**Aerobic Waves-** This shallow water class provides a great cardiovascular workout, increased flexibility and enhanced strength without stress on your joints.

**Aqua Challenge-** Challenge your body while working out with the low-impact benefits of water. This course will utilize challenge methods such as Tabata and Pyramids; with aquatic equipment to burn calories, increase your cardio endurance, strengthen muscles, and improve flexibility and overall balance. Find your own baseline and learn how to build to your personal best.

**Aqua Zumba-** Get your day going right! Aqua Zumba incorporates all the fun of Zumba high intensity dance movements and Latin music with the gentle support of the water.

**HIIT The Deep Water-** Enjoy a high intensity cross-training, deep water challenge. This non-impact workout will take you to the depth of fitness training. The focus is cardiovascular and strength training using various equipment and movements. Basic deep water skills are necessary.

**HIIT The Water-** Enjoy a high intensity cross-training in the shallow end! This non-impact workout will take you to the depth of fitness training. The focus is cardiovascular and strength training using various equipment and movements. This class is designed for all fitness levels

**Pumping Water-** A variety of equipment and tempos will be used to increase the weight of your arms and legs as they move through the water. Add in the cooling and increased circulation benefits of the water workout and you will find one of the best strength training workouts available.

**Aqua Mix-** Are you looking for a little bit of everything when it comes to water aerobics? Aqua Mix is a combination of aerobic waves, HIIT, and Tabata. This class will utilize all training methods known to man! Using all aquatic equipment this class will spice up your workouts, burn more calories and get more out of your exercise time.

**Aqua Stretch and Strength-** A stretching and toning class all done in the water! This class will work on improving flexibility, balance, and coordination. It is designed to be a full body work-out, and helps to tone your muscles as opposed to gaining muscle mass.

**New! Interval Waves-** This class is designed to give you remarkable results both in aerobic and non-aerobic capacity by using aquatic equipment in interval training methods such as Tabata and HIIT. Join us to experience the increased resistance and other benefits of water exercise.

# Land Fitness

**Barre-** A workout that combines the best elements of ballet barre, Pilates, functional strengthening, and stretching.

**Barre Fusion-** Barre fusion is an intense cardio workout formatted to be a heart pumping good time. It is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles.

**Barre Pilates-** Try the newest thing in fitness with a class that uses the ballet bar as a prop to balance while doing exercises that focus on isometric strength training combined with high reps or small range of motion movements. Barre Pilates has a Pilates format to give you a total body workout with strong core work.

**Boot Camp-** Enjoy this new boot camp experience using calisthenics, running/walking, body weight resistance, crunches, agility, power drills and much more!

**Bounce Burn-** Bounce your way into a great calorie burn! This trampoline class is offered at Oaklawn. It's the up and coming workout you don't want to miss.

**Cardio Core-** A total body workout with cardio and weight training. Increase your heart rate with a variety of step routines while toning your muscles using weights, body bars, bands and a core training to develop those "POWERHOUSE" abs.

**Fit For Life-** Restorative fitness to create long-term health, happiness, and wellbeing.

**H.I.I.T.-** High intensity interval training! Cardio intervals worked in between sets of strength exercises. A fast paced class with a variety of movements to give you strength overall and endurance. All exercises can be modified.

**Home School Family Fit-** This class offers a fun and inviting fitness opportunity for parents and children. We focus on cardio intervals, strength training, core work, and flexibility. Made for all fitness class levels.

**Muscle Mania Express-** Shorter class that incorporates giant sets, super sets, and circuit training to train and tone muscles.

**Muscle Mania-** A high energy class that incorporates giant sets, super sets and circuit training to train and tone muscles. An abs workout is included to help you develop a six-pack. All exercises can be adapted to any level.

**Nothing But Guts-** Just as it sounds, it's all about the core! Fire up your abs, lower back, and glutes to build a stable, stronger, and more powerful core.

**Pilates Strength-** A blend of Pilates and strength moves will take you through a unique Pilates class that focuses on overall strength for lifestyle function.

**Please Stay Seated-** Experience strength exercises for you upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Power Lunch-** Get fit during lunch with the power of weights. Using all muscle groups you will lift weights and strengthen your entire body. Guaranteed to be doing squats, dead lifts, lunges and strong core work.

**RIP Training-** Rest in peace knowing you will get a great workout with this fast paced interval training boot camp! Using free weights and mobility training, this will challenge your body. This class is designed for semi-experienced fitness go-ers.

**River Boot Camp-** A fresh spin on boot camp at Derby's newest park, Warren Riverview! Enjoy the outdoors in this new boot camp experience using calisthenics, short distance running/walking, body weight resistance training, crunches, agility, power drills and much more!

**Step Express-** Step it up with this cardio mid-day work out that will guarantee the calorie burn that you deserve.

**Senior Strength Training-** Entry level weight bearing and muscle strengthening exercise class for seniors. Our instructor will help you modify the workout to meet your personal needs.

**Strong Circuit Express-** A shorter 30 minute class with strength training in circuit form to maximize calories burned while working all muscle groups.

**Strong Fit-** The class is designed to give you that little extra push that you are looking for. It will focus on strength and conditioning using body weight, free weights, med balls, and banded exercises.

**Total Body Express-** A class that will work your entire body in just 45 minutes. We will use dumbbells, body bars, TRX, fitness center and your own body weight.

**Total Body Training-** Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout using dumbbells, body bars, bands, and a step.

**Zumba-** Latin and international music combined in dance routines to burn calories while having a blast!

## Mind and Body

**Broyoga-** A beginning yoga class specifically designed for men. This class will introduce men to yoga. Designed to reduce stress and release muscular holding patterns that are typical in men's bodies. This class combines the best core strengthening, muscle toning, stress reducing, and flexibility enhancing yoga postures.

**Candlelight Yoga-** This class is set to candlelight to give you a warm atmosphere while enjoying your yoga practice.

**Chair Yoga—** Yoga poses can be enjoyed in so many ways. In this class you will experience yoga from the comfort of a chair. If you have always wanted to do yoga but have trouble getting up and down off the floor, this is the class for you.

**Early Morning Hot Piyo-** Start your day out first thing with detoxing HOT PIYO that will give you energy for the rest of the day. Piyo flow will take you through an energizing sequence of poses that will strengthen you while lengthening your spine.

**Hot Piyo-** Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body in a raised temperature environment. PIYO combines practices of Pilates and yoga to help you build strength, lose weight, increase flexibility.

**Hot Yoga-** Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body. Teaching you to ground yourself in each pose, stimulating your mind and restoring your body.

**Story Time Stretch-** Enjoy this fun stretching class with your toddler or preschooler! The instructor will go through some basic stretching exercises and end with a fun and educational story book.

**Please Stay Seated-** Experience strength exercises for you upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Restorative Yoga-** This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Use props to support postures while gently stretching and strengthening your body.

**Stretch & Strength-** A stretching and toning class to work on improving flexibility, balance, coordination, and agility. It is designed to be a full body workout, and helps to tone your muscles as opposed to gaining muscle mass.

**Vinyasa Yoga-** Bring peace and focus to your mind! Vinyasa is a flowing sequence of movement between Asanas. An Asana is a posture intended to elicit a specific response from the body. Combine them both and get a challenging and invigorating, fast paced flow that will strengthen and lengthen muscles and well as increase mobility in your joints.

**Yoga-** Hatha Yoga is the ancient technique of stretching with deep breathing to tone and shape joints and muscles. A total-body workout, practiced by any fitness level.

## Cycle Classes

**Cycle and Tone-** This spin class will take you through several different workouts each class. The music will give you the fun and uplifting experience to start your day. Burn calories while riding to the best music in town.

**Cycle and Core-** Cycling class that includes an on-and-off bike workout. You will be able to have the blend of cardio and resistance work in 1 hour.

**Just Spin-** Just that! The perfect way to start your day! This spin class will take you through several different workouts each class.

**Start Spinning-** No complicated moves, just pedaling. Sounds easy, but don't be fooled, spinning works your quadriceps, hamstrings, calves, hips and abdominals. It's an excellent method for losing weight, because it burns a tremendous number of calories. It also boosts cardiovascular fitness, muscle tone and endurance.

**Cycle Burn-** The high intensity workout you are looking for! Spend your time with us and get in a quick, strong workout. All levels are welcome, but be ready to BURN!



# Youth Fitness

| Event                        | Event Day | Event Time      | Facility       | Staff     |
|------------------------------|-----------|-----------------|----------------|-----------|
| Fun Fitness                  | Monday    | 3:45pm - 4:30pm | DRC Gym 3      | Rachel P. |
| Titan Teen Strength Training | Monday    | 5:00pm - 5:45pm | Fitness Center | Rachel P. |
| Fun Fitness                  | Wednesday | 3:45pm - 4:30pm | DRC Gym 3      | Rachel P. |
| Titan Teen Strength Training | Wednesday | 5:00pm - 5:45pm | Fitness Center | Rachel P. |

## Youth Fitness

**Fun Fitness**-You will have the opportunity to use all areas of the facility for a variety of workouts. In the fitness center you will learn the proper way to use the equipment. Weight lifting, running techniques, sports drills and much more. Unwind and burn off some energy after school with our DRC youth personal trainer. Ages 7-16.

**Titan Teen Strength Training** -Let one of our certified personal trainers take your teen through a supervised training program in our fitness center. We will discuss the safety of all the equipment and will demonstrate the proper use of it. They will learn the fundamentals of various lifts such as: squats, bench press, deadlifts, and much more. Ages 13-19.