

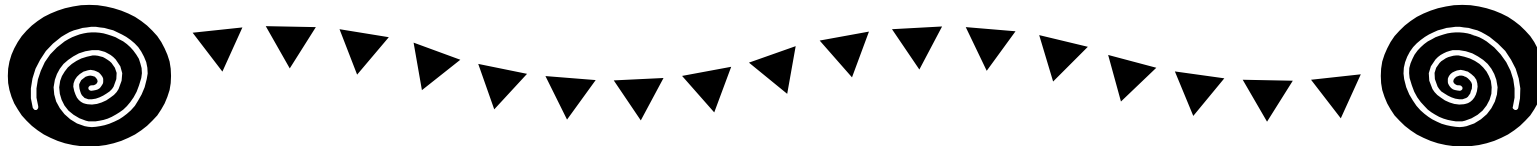


Detroit Lakes Community & Cultural Center

FITNESS CLASS SCHEDULE – SUMMER 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:50 AM	Cardio Mix		Cardio Mix		Body Challenge	
8:00-9:15 AM		Cardio Combo		Cardio Combo		
9:00-10:00 AM					Yoga (9-10:20)	Cardio Mix
9:30-10:15 AM	 Yoga Stretch		 Yoga Stretch			
10:30-11:00 AM	Muscle Works (Free)	 Muscular Strength Ends at 11:15	Muscle Works (Free)	 Muscular Strength Ends at 11:15	Muscle Works (Free)	
5:30-6:30 PM	Body Pump	Intro to STOTT Pilates	Cardio Mix	Intermediate Pilates		
6:30-6:50 PM	Abs Class (Free)		Abs Class (Free)			

Classes on the schedule are free with a Premier Plus Memberships or Day Pass. \$3 per class for Premier Members.





FITNESS CLASS DESCRIPTIONS

Muscle Works: This 30-minute class is free for all members. It is designed to work all muscle groups, and you will learn to use a variety of equipment, use proper form and challenge yourself!

Abs Class: This free class is a 20-minute ab workout that will get you that six pack before you know it.

Body Pump: Get a great cardio workout using our body bars. This fun and challenging workout will leave you feeling strong.

Cardio Combo: This is an advanced full body workout that combines floor work, step aerobics and weights.

Silver Sneakers Muscular Strength: Free class for Silver Sneakers members and a great way for active older adults to stay fit.

Silver Sneakers Yoga Stretch: Yoga Stretch will move your body through a complete series of seated and standing yoga poses.

Cardio Mix: This class combines floor and step aerobics with abdominal and muscle work.

Cardio Kick: Learn basic kickboxing moves for the upper and lower body.

Body Challenge: This circuit-style class includes track work, ball work, weights and much more. You name it, this class has it!

Yoga: Learn proper form and breathing techniques to improve flexibility and relaxation.

Pilates: Improve core muscle strength and balance.

