

## DP FITNESS CLASS DESCRIPTIONS:

**BOOT CAMP** - Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training.

1 Hour 15 minute class



**GROUP CORE** - Let's Get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs! Use your body weight, weight plates, a towel, and a platform. 30 minute class



**GROUP POWER** - Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

1 Hour class



**GROUP STEP** - Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. 1 Hour class



**GROUP GROOVE** - If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove. 1 Hour class



**GROUP KICK** - Group Kick brings it on! This electric 60 minute fusion of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out. 1 Hour class

**KICKBOXING** - Sweat your stress away with various kicks and punches using kickboxing bags. This class will have you doing moves using muscles you never knew you had. 1 Hour class

**LOW IMPACT** - Get a great cardiovascular workout with floor aerobics consisting of low impact moves. Class ends with body sculpting, abdominal work and a relaxing stretch. 1 Hour class

**PILATES** - Conditioning class that improves muscle control, flexibility, coordination and strength. Pilates concentrates on alignment, lengthening all of the muscles in the body. 1 Hour class

**PILATES FUSION** - Focus on core conditioning and flexibility using controlled movement to help improve body awareness and increase overall fitness. Suitable for all levels and ages. 1 Hour class

**Silver Sneakers®** - Strength and range of motion benefits are the focus of this creative multi-level conditioning exercise program. Includes choreography with hand-held weights, elastic tubing and balls for a complete, fun and safe workout. 45 Minute class

**SENIOR SHAPE UP** - non-impact aerobic class designed specifically for the active older adult. This class uses weights and bands and ends with a relaxing stretch. 45 Minute class

**STEP IT UP** - 45 minutes of straight stepping. This energetic step class utilizes creative choreography and keeps your heart pumping. Ends with abdominals. 1 Hour class

**BEGINNER STEP** - Learn all the basic moves of stepping while getting a great workout. This class is a must for those who have never stepped before. 35 minute class

**GENTLE YOGA** - Explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or want less intensity. 1 Hour class

**YOGA** - Explore the mind-body connection by learning how to focus, relax and improve circulation.  
7:00pm - 1 Hour, 30 minute class  
12:00pm, 1:30pm - 1 Hour class, 15 minute class`  
9:45am, 9:15am - 1 Hour, 15 minute class

**ZUMBA** - Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Get a great workout and have fun while doing it! 1 Hour class

**INDOOR CYCLING** -Instructors lead this multi-level group exercise class on a calorie-burning journey. You must pick up a reserved sign at the front desk no more than 15 minutes before the start of class. 1 Hour class