



# Mind and Body

March Schedule  
New Classes- **BOLD**

Event	Event Day	Event Time	Facility	Staff
<b>Hot Yoga</b>	<b>Monday</b>	<b>5:30am-6:15am</b>	<b>Studio D</b>	<b>Kelli F.</b>
Yoga	Monday	5:00pm - 6:00pm	Studio D	Andey R.
Yoga Light	Monday	6:15pm - 7:00pm	Studio D	Sara K.
Hot Yoga	Monday	7:30pm - 8:30pm	Studio D	Kelli F.
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	Stephani T.
Mindful Meditation	Tuesday	7:30pm-8:00pm	Studio D	Lauren M.
Yoga	Wednesday	5:00pm - 5:45pm	Studio D	Eva W.
Hot Piyo	Wednesday	6:00pm - 7:00pm	Studio D	Jenni J.
Hot Yoga	Wednesday	7:30pm - 8:30pm	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.
Noon Yoga	Thursday	12:15pm-1:00pm	Studio D	Kelli F.
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	Stephani T.
Yoga	Saturday	8:15am - 9:15am	Studio D	Stephani T.
Vinyasa Yoga	Sunday	1:15pm - 2:15pm	Studio D	Andey R.

## Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle and Tone	Monday	9:00am - 10:00am	Cycle Studio	Lisa J.
Just Spin	Monday	6:00pm-6:45pm	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.
Inspirational Spin	Friday	9:00am-9:45am	Cycle Studio	Lisa J.



# Land Fitness

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.
Mash Up	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.
Quick Fit	Tuesday	4:00pm - 4:45pm	Studio C	Sam J.
<b>Shine</b>	<b>Tuesday</b>	<b>4:00pm-4:45pm</b>	<b>Studio R</b>	<b>Polly J.</b>
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.
Muscle Mania Express	Wednesday	4:00pm - 4:45pm	Studio C	Dawn B.
Mash Up	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.
Mash Up	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.
Quick Fit	Thursday	4:00pm - 4:45pm	Studio C	Sam J.
Mash Up	Thursday	5:45pm - 6:30pm	Studio C	Jenni J.
Shine	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.
Mash Up	Friday	9:00am - 10:00am	Studio C	Cindy C.
Homeschool Family Fit	Friday	9:00am - 9:45am	Studio R	Nicole R.
Balancing Life	Friday	10:00am-10:45am	Studio R	Paula H.
Muscle Mania	Friday	10:15am - 11:15am	Studio C	Rachel P.
Muscle Mania Express	Friday	4:30pm - 5:15pm	Studio C	Dawn B.
Weekend Warrior	Saturday	8:15am - 9:15am	Fitness Center	Joe B.
Zumba Shine Mlx	Saturday	9:00am-10:00am	Studio C	Jessica M.
Shine	Sunday	1:00pm-2:00pm	Studio C	Amy N.



# 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	Marcia C.
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.
Tabata Waves	Tuesday	10:15am - 11:00am	Leisure Area 5	Lori T.
Tabata Waves	Tuesday	5:30pm - 6:15pm	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	Marcia C.
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.
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	Marcia C.
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.
<b>Aqua Zumba Mix</b>	<b>Saturday</b>	<b>8:30am-9:30am</b>	<b>Leisure Area 5</b>	<b>Stephanie S.</b>

# OAC Fitness

Event	Event Day	Event Time	Facility	Staff
<b>Muscle Mania</b>	<b>Monday</b>	<b>4:00pm-4:30pm</b>	<b>Activity Studio</b>	Aimee E.
<b>Muscle Mania</b>	<b>Monday</b>	<b>4:30pm-5:00pm</b>	<b>Activity Studio</b>	Aimee E.
Bounce Burn	Tuesday	11:30am-12:00pm	Activity Studio	Cindy C.
<b>Strong Circuit</b>	<b>Tuesday</b>	<b>4:30pm-5:00pm</b>	<b>Activity Studio</b>	<b>Caleb C.</b>
<b>Strong Circuit</b>	<b>Tuesday</b>	<b>5:00pm-5:30pm</b>	<b>Activity Studio</b>	<b>Caleb C.</b>
Bounce Burn	Tuesday	5:45pm-6:30pm	Activity Studio	Weatherly P.
<b>Power Lunch</b>	<b>Wednesday</b>	<b>11:15am - 11:45am</b>	<b>Activity Studio</b>	<b>Susie W.</b>
<b>Power Lunch</b>	<b>Wednesday</b>	<b>11:45am - 12:15pm</b>	<b>Activity Studio</b>	<b>Susie W.</b>
Zumba	Wednesday	6:00pm-7:00pm	Activity Studio	Amy N.
<b>Shine</b>	<b>Thursday</b>	<b>4:00pm-4:30pm</b>	<b>Activity Studio</b>	<b>Polly J.</b>
<b>Shine</b>	<b>Thursday</b>	<b>4:30pm-5:00pm</b>	<b>Activity Studio</b>	<b>Polly J.</b>
<b>Power Lunch</b>	<b>Friday</b>	<b>11:15am - 11:45am</b>	<b>Activity Studio</b>	<b>Susie W.</b>
<b>Power Lunch</b>	<b>Friday</b>	<b>11:45am - 12:15pm</b>	<b>Activity Studio</b>	<b>Susie W.</b>



# Youth Fitness

Event	Event Day	Event Time	Facility	Staff
Fun Fitness	Monday	3:45pm - 4:30pm	DRC Gym 3	Rachel P.
Youth Speed Work (11-13)	Monday	4:45pm - 5:15pm	Gym 3	Rachel P.
K-5th Grade Yoga	Tuesday	3:45pm-4:15pm	Studio D	Stacy D.
Fun Fitness	Wednesday	3:45pm - 4:30pm	DRC Gym 3	Rachel P.
Teen Weight Lifting (13-15)	Wednesday	4:45pm - 5:30pm	Fitness Center	Rachel P.
K-5th Grade Yoga	Thursday	3:45pm-4:15pm	Studio D	Tracy V.

## 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.

**Youth Speed Work** - Do you want to get faster? React faster? And work on your overall speed? This is the class for you! You will work out with speed and agility drills, resistance runs, foot work and start- push speed work. This is a don't miss class. Ages 11-13.

**Teen Weight Lifting**- Work with a DRC personal trainer on weight lifting and the form needed to build strength and endurance. You will learn fitness center etiquette and recover time. This class will also encourage the proper eating that is needed for success with weight lifting. Ages 13-15.

**K-5th Grade Yoga**- Get a total body workout while you shape, strengthen, and tone your muscles. Breathe deeply and let the school stress melt away. Mats provided. Ages K-5<sup>th</sup> grade.

## Classes Removed From Previous Schedule

Event	Event Day	Event Time	Facility	Staff
Aqua Stretch and Strength	Tuesday and Thursday	9:00am-9:45am	Leisure Area 5	Amy R.
Nothing But Guts	Wednesday	12:15pm - 12:45pm	Studio C	Weatherly P.
Step Express	Wednesday	12:45pm - 1:15pm	Studio C	Weatherly P.

## 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 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.

**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

**Balancing Life-** Balance is one of the strongest keys to good health. As we age, this is one of the first things that we have to challenge ourselves with. Balance for Life will help keep you upright, allows you to walk without assistance and helps prevent injury. All fitness levels welcome, but be ready to work hard, this class uses all muscle groups to achieve the goal of balance.

**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.

**Mash Up-** Maximize your results in less time with 3 classes in one! Experience a short, effective workout with variable intensity interval training (VIIT). This program features mind/body, agility/strength and high intensity interval exercises for 3 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 your 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.

**Quick Fit-** Circuit training is the most popular form of any workout today! Quick Fit will increase muscle strength and endurance while burning calories in just one class. You will use all types of equipment for a fun and exciting class.

**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.

**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.



## Land Fitness cont.

**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.

**Weekend Warrior-** If you start your Saturday out with Weekend Warrior, you will have a great start to your weekend. This class is one of the few that will also use the fitness center to get the variety and intensity that you will need. It is for all ages and everything can be progressed to your needs.

**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.

**Mindful Meditation-** Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing mediators will benefit from this class This class consists of breath work and then progresses into a guided stretch and ending in a mindful meditation.

**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.

**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.

**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.

**Inspirational Spin-** "Cycle with a purpose" is the focus of this fun and uplifting cycle class. You will enjoy a Challenging ride, burn calories, and leave with an intention for the day. This is a new class that you will not want to miss.

**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.