



Davidson Fitness Center Fitness Class Calendar

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Spinterval classes are held at Specker Gym.</p> <p>REVISED 1/23/12</p> <p>***All Fitness Classes are held at DFC unless otherwise noted***</p>	<p>Class Pass Fees Single = \$2.00 10 Class=\$15.00 20 Class=\$25.00 30 Class=\$30.00</p> <p>Class Passes do NOT expire. All passes will also be available at Specker Gym for purchase.</p>		<p>1 6:00Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>2 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA M 5:45 Yoga C (Specker Gym)</p>	<p>3 9:00 Cardio Party SG 10:00 Cardio Party SG 12:00 Lunchtime Special KS 5:45 ZUMBA G</p>	<p>4 8:30 ZUMBA M</p>
<p>5 1:30 ZUMBA G</p> <p>1:30 Yoga C (Specker Gym)</p>	<p>6 6:00 Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>7 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA AD</p>	<p>8 6:00Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>9 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA Toning AD 5:45 Yoga C (Specker Gym)</p>	<p>10 9:00 Cardio Party SG 10:00 Cardio Party SG 12:00 Lunchtime Special KS 5:45 ZUMBA G</p>	<p>11</p> <p style="text-align: center;">♥ 10:00-12:00 ♥</p> <p style="text-align: center;"> ZUMBA Party for a Healthy Heart! AD</p>
<p>12 1:30 ZUMBA G</p>	<p>13 6:00 Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>14 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA AD</p>	<p>15 6:00Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>16 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA Toning AD 5:45 Yoga C (Specker Gym)</p>	<p>17 9:00 Cardio Party SG 10:00 Cardio Party SG 12:00 Lunchtime Special KS 5:45 ZUMBA G</p>	<p>18</p> <p style="text-align: center;"><i>No Classes Basketball Event</i></p>
<p>19</p> <p style="text-align: center;"><i>No Classes at DFC Basketball Event</i></p> <p>1:30 Yoga C (Specker Gym)</p>	<p>20 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 13:30 ZUMBA G (45 Min)</p> <p style="text-align: center;">Gym Closes at 3:00PM</p>	<p>21 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA AD</p>	<p>22 6:00Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>23 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA Toning AD 5:45 Yoga C (Specker Gym)</p>	<p>24 9:00 Cardio Party SG 10:00 Cardio Party SG 12:00 Lunchtime Special KS 5:45 ZUMBA G</p>	<p>25 8:30 ZUMBA M 10:30 Cardio Kick K</p>
<p>26 1:30 ZUMBA G</p> <p>1:30 Yoga C (Specker Gym)</p>	<p>27 6:00 Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>	<p>28 6:30 Body Blast J 9:00 Yoga C 9:30 Spinterval SG 11:45 ZUMBA (30 Min) M 4:40 ZUMBA AD</p>	<p>29 6:00Spinterval HA 9:00 Body Blast SG 9:00 H2O Aerobics K 12:00 Lunchtime Special KS 4:40 RIP AD 5:45 ZUMBA G (45 Min)</p>			<p>INSTRUCTORS: AD—Alfreda HA—Heather SG—Schenley K—Krystal G—Gwendlyn M—Meleena KS—Kelly C—Claire J—Jess</p>


Bodyblast—Body blasting class for all levels. A boot camp for the entire body. Fat blasting interval training including kickboxing, plyometrics, medicine balls, kettle bells, sports drills, core work and more! Fun upbeat class!! Dig deep for this one- you will burn fat, increase strength and see changes in your body and your fitness!

H2O—Water Aerobics –this class is designed to exercise your body from head to toe while toning and shaping your muscles. Great for those individuals new to aerobic routines or have physical health issues (i.e. pregnancy, hip or knee replacement) that would be compromised in a land aerobic class. Perfect for non swimmers! Class Level—ALL

RIP—60 minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. This is the perfect tool for students looking to strengthen, tone and sculpt their body.

Step- Lots of fun! A combination of simple and complex choreography is used.

Splinterval***—One hour of power that is full of cyclic "spinergy"! With a motivating instructor and awesome music, enjoy sprinting, climbing, jogging, jumping and rolling hills all on an indoor stationary bike powered only by you! This class is open to anyone that is not afraid to sweat! - Class Level: ALL YOU MAY CALL 596-7377 UP TO 48 HOURS AHEAD OF CLASS TO RESERVE YOUR BIKE

 -This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY to do. Interval training sessions where fast & slow rhythms and resistance training are combined to tone and sculpt your body. Class Level: ALL

Lunchtime Special—Maximize your lunch hour with this quick 30 minute cardio session! This class has it all, weights, steps, balls, kettle bells and more. Get ready for some intense core work! Class Level: INTERMEDIATE

Cardio Party—The name says it all. Kick, punch, and shake your way to fitness. Do not let the title fool you. This fast paced cardio class will challenge you mind, body and keep you smiling and looking for more! Come down, bring your friends, and enjoy the party! Are you up for the challenge?

Cardio Kick—A total body workout that totally kicks butt! Cardio Kick is a dynamic, motivating and intense workout that combines simple aerobic choreography with martial arts and boxing-based moves. Increase your stamina, flexibility, and strength! This high-intensity class is a great full body workout, incorporating a broad range of punches, kicks, and athletic drills. No equipment is needed and gloves are not required. Class Level: ALL

Yoga: Restore and Renew—A therapeutic class consisting of breath synced with gentle movement. Includes a warm-up sequence starting with joint mobilization exercises. Poses are taught that help to release tension in the body to help maintain and restore flexibility. Class includes deep relaxation guided meditation. Suitable for all. Options for more experienced students are offered.

Yoga: Basics—A class for students new to yoga or those with a foundation who are interested in a less strenuous practice that allows more time to explore alignment and modifications in postures. Practice includes joint mobilization exercises followed by postures to build strength and flexibility. Movement is linked to breathing. Time will be spent breaking down the building blocks of each posture. Modifications will be offered and props used to allow exploration of the poses.

All equipment is provided on a first come first serve basis.

All classes are subject to change or may be cancelled or instructor substituted.