

DeSoto Recreation Center Adult Program Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am		Spin		Spin	Spin		
8:00am-9:00am							Spin Yoga
8:10am-9:15am							Cheryl's Aerobic Studio
9:00am-10:00am		Dream Fitness Cardio Express	Dream Fitness Cardio Express	Dream Fitness	Dream Fitness Cardio Express	Dream Fitness Cardio Express	
9:30am-10:30am							Zumba
10:00am-11:00am		Fit for Life (55+ Free)		Fit for Life (55+ Free)		Fit for Life (55+ Free)	
11:00am-12:00pm							VibeFit
5:45pm-6:45pm				Yoga			
3:30pm-4:30pm	Finesse Fitness						
5:45pm-6:45pm		Cheryl's Aerobic Studio	Cheryl's Aerobic Studio		Cheryl's Aerobic Studio		
6:00pm-7:00pm			VibeFit		VibeFit		
6:30pm-8:00pm		DancerSIZE					
7:00pm-8:00pm		Zumba Jay Joiner Fitness	Line Dance Spin	Jay Joiner Fitness	Zumba Spin		
7:30pm-9:30pm			Urban Ballroom Chicago Step				
8:30pm-9:30pm		KAE Tactical Martial Arts		KAE Tactical Martial Arts			

Cardio Express

Kick start your fitness in our cardio class. Raise your heart rate and your energy with extensive cardio fitness. Have fun will burning 500 to 1,000 calories.

\$7/class or \$35/month

Cheryl's Aerobic Studio

This is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. Every class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. For more information, call 214-507-0784.

\$45/month or \$10/class

Dream Fitness

This program is a challenging and dynamic whole body muscle conditioning exercise program. Exercises will be modified to accommodate all fitness levels. Be prepared to work your muscles and burn calories!

\$5/class or \$45/month

DancerSIZE (Class meets 2nd and 4th Monday of each month)

Hip/Hop and R&B line dance fitness class that offers a fun, energetic workout. For more information please contact dancersize!@gmail.com.

\$15/month or \$10/class

Finesse Fitness

FINEsse FITness is a total body workout program. It includes cardio, strength and range of motion fitness. Individuals and groups in pursuit of a healthy lifestyle are encouraged to attend.

\$17/month or \$5/class

Fit for Life

This active aging group exercise class is designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles are offered for resistance. A chair is used for seated exercises and standing support.

Free

Jay Joiner Fitness

Jay's Bootcamp is a 60-minute intense fitness program. Designed to build muscle and burn fat with cardio, core and resistance training. Register at www.campgladiator.com.

See website for pricing

KAE Tactical Martial Arts - Major Walker

KAE Tactical Martial Arts brings the art of stick fighting which are wooden batons which these techniques used in movies such as Bourne Identity, Book of Eli and The Fast and the Furious this is KALI ESKRIMA. Major Walker, Instructor of Wing Chun Kung Fu the same art as shown in IP MAN 1-3 my lineage comes from IP Man ,Bruce Lee, and Danny InoSanto who was Bruce Lee's training partner and best friend.

- Be more physically active and healthy
- Develop more confidence
- Discipline and respect for others
- More focus on academics and goals
- Self-defense and awareness

Visit website xtrememartialartstx.com or Facebook KAE TACTICAL MARTIAL ARTS ACADEMY and ESKRIMADORS OF TEXAS contact 214-714-2103.

\$65/month

Spin

Spinning is a high-energy indoor cycling class that simulates outdoor cycling along with music. All skills levels can participate for a great cardio workout.

\$7/class or \$35/month

VibeFit

Rhythmic Fitness offers members the ability to obtain excellent cardiovascular conditioning from dance cardio. Most routines are designed with this purpose in mind. The combination of dance movement paired with exciting, heart-pumping rhythms is an effective cardio conditioning workout. So, if you feel the need to shake up your exercise routine, try adding some dance cardio with Rhythmic Fitness. Condition your heart, burn fat, tones muscles and improve your coordination all while you are dancing and enjoying yourself! All levels encouraged to participate. For more information call Christie Dionne 817-823-7493 or email myvibefit@gmail.com. Facebook: @VibefitDance Instagram: @MyVibefit

\$7/class or \$40/month

Yoga

A modified Vinyasa Yoga class for the beginner and intermediate yogis. Lead by Fran Monroe NASM/AFAA certified personal trainer and group fitness instructor. Vinyasa yoga is a discipline that utilizes postures and breathing techniques. This form of yoga offers a range of health benefits to those who practice it, as it encompasses all areas of mind, body and spirit. All skills levels are welcomed. For more information call Fran Monroe at 757-303-3726.

\$8/class or \$50/month

Zumba

The **Zumba**® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

\$7/class or \$40/month

Urban Ballroom Chicago Stepping

This is an 8-count ballroom dance course that has taken the nation by storm. It's great way to exercise and listen to music from back in the day.

\$12/class or \$35/month

****Register for classes online or at the DeSoto Recreation****

www.desototexas.gov/register

All classes are subject to change. Minimum enrollment numbers required for class make.