DeSoto Recreation Center

December 2013 Group Adult Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am	Spin (M)	Spin (M)	Spin (M)	Spin (M)	Spin (M)	
7:00-8:00am						Body Sculpting
8:15-9:15am						Cheryl's Studio
8:45-9:45am	Cheryl's Studio	Cheryl's Studio (Sculpting)		Cheryl's Studio	Cheryl's Studio	
9:15-10:15am						Zumba®
11:00-12:00pm						Taekwondo
5:30-6:30pm		Yoga: Beg				
5:45-6:45pm	Cheryl's Studio (Step)	Cheryl's Studio		Cheryl's Studio		
6:00-7:00pm	Spin (E)	Spin (E)	Spin (E)	Spin (E)		
6:30-7:30pm	Line Dance (Beginners)					
6:45-7:45pm		Yoga: Beg/Int				
7:00-8:00pm	Zumba®			Zumba®		
7:15-8:15pm			Taekwondo			
7:30-8:30pm	Line Dance (Intermediate)					

Body Sculpting

Body Sculpting is a fun challenging total body workout guaranteed to develop strong, toned muscles, increase your metabolism and burn calories far more than aerobic dance sessions, walking or stair climbing. This class is taught by Master Certified Fitness Trainer, Charlene Branch.

$5/per class

Cheryl's 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.

$10 walk-in or $40 per month (EFT only) for unlimited classes or $88 for an 8 week session for unlimited classes

Line Dance

Come mix and mingle with others showcasing what you have learned. Line dancing is not only a talent, but also a blessing as it increases your physical and mental abilities, energizes, unifies, increases, increase leadership skills, social networking, stress relief, and displays incredible spirit. For more information, call the recreation center at 972-230-9655.

$3/class

Spin

Spinning is a unique indoor cycling workout. This high-energy group exercise integrates music, camaraderie, and visualization in a complete mind/body exercise program. Individualized for participants of any age or ability, the Spinning program uses [a] stationary bike, a simple set of movements and hand positions, and heart rate training to deliver personal empowerment and unparalleled fitness results.

Morning (M) - $5/class or $25/month with a fitness center membership or $30/month for non-members
Evening (E) - $5/class or $25/month with a fitness center membership or $45/month for non-members

Taekwondo

Students will learn proper kicks and punch forms. This class will focus on conditioning, agility and speed. Self-defense techniques, blocks and belt testing will be emphasized. For more information, call 214-809-1867.

$50 monthly per child
$7 per class

Yoga

Yoga classes will reduce stress, improve immune system, lower blood pressure, help control your weight and create inner calmness. Improve your health and well-being with Marilyn Englund. She teaches life-enhancing stress-reduction techniques, including breathing exercises, yoga postures and relaxation. Her gentle, non-competitive, easy-to-learn approach allows you to practice at your own skill level. For more information, call 972-845-2044.

$10/class or $49/7 weeks

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. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! For more information, call 214-697-9789.

$7/class or $35/month with a fitness center membership or $40/month for non-members or $36/month online discount

****Register for Classes (except Cheryl's Studio) at the DeSoto Recreation Center****

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