

DeSoto Recreation Center

January 2015 Group Adult Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:15-7:00am						Body Sculpting	
7:10-8:30am							
8:15-9:15am							
8:45-9:45am	Cheryl's Studio	Cheryl's Studio (Sculpting)		Cheryl's Studio	Cheryl's Studio		Cheryl's Studio
9:15-10:15am		<u>Fitness Boot Camp</u>		<u>Fitness Boot Camp</u>			<u>Zumba®</u>
10:00-11:00am	Senior Aerobics		Senior Aerobics		Senior Aerobics		
5:30-6:30pm							
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	Body Sculpting		Body Sculpting				
7:00-8:00pm	<u>Zumba®</u>			<u>Zumba®</u>			
7:00 -9:30pm		Chicago Style Steppin'		Chicago Style Steppin'			
7:30-8:30pm	Line Dance (Intermediate -4/2/3 Line Dancing)	Line Dancing (Advanced-Full throttle)					
8:30pm-9:30pm	Line Dance (Beginners)						

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. For more information, call (214) 607-8157 or email charlene.branch60@gmail.com.

\$5/class or \$30/month



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

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

CHICAGO STYLE



EEB & Flow Chicago Style Steppin'

Beginners will learn technique, the basic fundamentals including the Basic Step, all turns, lead and follow techniques, evolved around a six or eight-count beat. Intermediate/Advance students will learn lane control, partnering techniques, styling, footwork, trios, double/triple turns, basic step variations, etc. For more information, call the Tony Kyles at 972-229-1170 or email

ynotk1967@yahoo.com.

\$5/class

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 \$30/month

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



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****