

GROUP EXERCISE CLASSES

OPEN TO MEMBERS & NON-MEMBERS

In order to best meet the required capacity limits following state guidelines, group exercise class reservations will be required. Face coverings are required at all times – even while exercising.

Reserve a Group Exercise Class

- Reservations are open to Group Exercise Class (Gold Pass) Add-on Members and Non-Members.
- To reserve a class, visit our registration site at dgparks.org.
 - Choose a class
 - Add to cart
 - Complete the waiver
 - Proceed to checkout
 - Add-on Members will be charged \$0 for Group Exercise Classes and the Member Rate for Premier Classes

[CLICK TO REGISTER FOR GROUP EXERCISE CLASSES](#)

CLASS	ACTIVITY #	DAY	CLASS TIME	INSTRUCTOR	LOCATION
Cycle	2301J92	Monday	6:00a-7:00a	Lori L.	L21
Step & Tone	2301J83	Monday	7:45a-8:45a	Carmelo E.	L14
Body Pump	2301J90	Monday	9:15a-10:15a	Linda R.	L14
Body Pump	2301J90	Monday	6:00p-7:00p	Jenn L.	L14
Weight Training for Women	Premier	Monday	7:10p-8:00p	Cari Z.	L12
Pilates MELT	Premier	Monday	7:45p-8:40p	Linda R.	L14
Chair Yoga	Premier	Tuesday	9:00a-10:00a	Eileen J	MPR
Chair Yoga	Premier	Tuesday	10:15a-11:10a	Eileen J	MPR
Pilates	2301J94	Tuesday	9:15a-10:15a	Martine H.	L14
Sculpt	2301J95	Tuesday	5:15p-6:15p	Karen J.	L12
Power Circuit	2301J91	Wednesday	5:30a-6:30a	Taisha S.	L12
Step & Tone	2301J93	Wednesday	7:45a-8:45a	Carmelo E.	L14
Body Pump	2301J90	Wednesday	9:15a-10:15a	Linda R.	L14
Body Pump	2301J90	Wednesday	6:00p-7:00p	Lynn G.	L14
TRX	Premier	Wednesday	6:00p-6:55p	Linda R.	L21
Weight Training for Women	Premier	Wednesday	7:10p-8:00p	Cari Z.	L12
Cycle	2301J92	Thursday	6:00a-7:00a	Amanda M.	L21
Cycle	2301J92	Thursday	8:00a-9:00a	Jessica V.	L21
Pilates	2301J94	Thursday	8:00a-8:45a	Martine H.	L12
Yoga	2301J93	Thursday	9:15a-10:15a	Shiree B.	L12
Balance & Strength	Premier	Thursday	11:15a-12:00p	Taisha S.	L12
Boot Camp	2301J97	Thursday	6:00p-7:00p	Carrie A.	L14
Sculpt	2301J95	Thursday	6:00p-7:00p	Denise D.	L12
Cycle/Yoga Combo	2301J92	Friday	6:00-7:00a	Amanda M.	L21
Sculpt	2301J95	Friday	7:45a-8:45a	Carmelo E.	L12
Boot Camp	2301J97	Friday	7:45a-8:45a	Jessica V.	L14
WERQ	2301J96	Friday	9:15a-10:15a	Xenia D.	L12
Body Pump	2301J90	Saturday	7:15a-8:15a	Lynn G.	L14
Cycle	2301J92	Saturday	8:30a-9:30a	Amanda M.	L21