



**GOLD CLASSES**

MONDAY			
6:00a - 7:00a	Cycle	L21	Lori L.
7:45a - 8:45a	Step & Tone	L14	Carmelo E.
9:00a - 10:00a	Body Pump	L14	Linda R.
9:00a - 10:00a	Yoga	MPR	Rogina C.
5:30p - 6:30p	Cycle	L21	Amanda M.
6:00p - 7:00p	Body Pump	L14	Jenn L.
TUESDAY			
8:00a - 8:45a	Pilates	L12	Martine H.
9:00a - 10:00a	Sculpt	L14	Martine H.
9:00a - 9:50a	Zumba	L12	Nicole L.
11:30a - 12:25p	Zumba - Gold	L12	Taisha S.
5:15p - 6:15p	Sculpt	L14	Denise D.
7:15p - 8:15p	Yoga	L12	Carrie S.
WEDNESDAY			
5:05a - 5:50a	Cycle	L21	Karen J.
7:45a - 8:45a	Step & Tone	L14	Carmelo E.
9:00a - 10:00a	Yoga	MPR	Luanne S.
9:00a - 10:00a	Body Pump	L14	Linda R.
6:00p - 7:00p	Body Pump	L14	Lynn G.
THURSDAY			
5:45a - 6:45a	Cycle	L21	Amanda M.
8:00a - 9:00a	Cycle	L21	Jessica V.
8:00a - 8:45a	Pilates	L12	Martine H.
9:15a - 10:15a	Yoga	L12	Luanne S.
6:00p - 7:00p	Sculpt	L12	Denise D.
FRIDAY			
5:45a - 6:45a	Cycle/Yoga Combo	L21	Amanda M.
7:45a - 8:45a	Sculpt	L12	Carmelo E.
7:45a - 8:45a	Boot Camp	L14	Jessica V.
9:00a - 10:00a	WERQ	L12	Xenia D.
SATURDAY			
7:15a - 8:15a	Body Pump	L14	Lynn G.
8:30a - 9:30a	Cycle	L21	Amanda M.

**PREMIER CLASSES**

MONDAY			
11:15a - 12:00p	Balance & Strength	L12	Taisha S.
6:00p - 6:50p	Hit2Fit	L12	Hit2Fit
7:10p - 8:00p	Weight Training for Women	L12	Vicki K.
7:45p - 8:40p	Pilates MELT	L14	Linda R.
TUESDAY			
9:00a - 10:00a	Chair Yoga	MPR	Eileen J.
10:15a - 11:00a	Chair Yoga	MPR	Eileen J.
4:15p - 5:00p	Yoga for Little Kids	L12	Courtney F.
5:15p - 6:00p	Yoga for Kids	L12	Courtney F.
WEDNESDAY			
6:00p - 6:55p	TRX	L21	Linda R.
6:00p - 7:00p	Yoga for Back Pain	MPR	Kylie G.
6:00p - 6:50p	Hit2Fit	L12	Hit2Fit
7:10p - 8:00p	Weight Training for Women	L12	Vicki K.
THURSDAY			
11:15a - 12:00p	Balance & Strength	L12	Taisha S.
7:00p - 7:55p	TRX	L21	Linda R.

**GROUP EXERCISE OPTIONS**

**GOLD - UNLIMITED PASS:** \$20/month or \$240/yr

- Ask us about daily fees and punch passes.
- Group exercise classes are for individuals 15 years of age or older.

*Ask us about daily fees and punch passes*

**PREMIER CLASSES**

Premier classes are not part of the Gold - Unlimited pass. These classes are an additional fee. These classes typically run in 6-8 week sessions. To register please visit [dgparks.org](http://dgparks.org).



**GROUP FITNESS CLASS NOTIFICATIONS/UPDATES**

To receive updates for group fitness classes including class changes and cancellations, visit the website below by scanning the QR code on your phone, then subscribe via email and/or text.