

DISC Fitness Class Schedule *September 2010*

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Forever Fit 8:00-8:45 am Dance 1 (ongoing) | Rise & Shine Boot Camp 6:00-6:55am Dance 1 August 10 – Sept 16 Sept 21- Oct 28 | Forever Fit 8:00-8:45 am Dance 1 (ongoing) | Rise & Shine Boot Camp 6:00-6:55am Dance 1 August 10 – Sept 16 Sept 21- Oct 28 | Forever Fit 8:00-8:45 am Dance 1 (ongoing) | |
| Body Sculpting 9:15-10:00 am NW Corner of Track August 30 – Oct 11 | | | Body Sculpting 9:15-10:00 am NW Corner of Track August 30 – Oct 11 | | Saturday Fitness Class Ongoing starting Saturday Sept 18 900-945am |
| Body Sculpt Express 12:00-12:30 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | | Body Sculpt Express 12:00-12:30 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | | | |
| Matinee Boot Camp 4:30-5:25 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | Turbo Kick 4:30 – 5:20p Dance 1 Sept 7 – Oct 14 | Matinee Boot Camp 4:30-5:25 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | Turbo Kick 4:30 – 5:20p Dance 1 Sept 7 – Oct 14 | | |
| Boot Camp 5:30-6:25 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | Zumba® 5:25-6:10 pm Dance 1 Sept 21 – Oct 28 | Boot Camp 5:30-6:25 pm Dance 1 August 9 – Sept 20 Sept 27 – Nov 3 | Zumba® 5:25-6:10 pm Dance 1 Sept 21 – Oct 28 | | |
| Body Sculpting 5:30-6:15pm NW Corner of Track August 30 – Oct 11 | | | Body Sculpting 5:30-6:15pm NW Corner of Track August 30 – Oct 11 | | |
| Pilates 6:30-7:15pm Dance 1 August 23 – Oct 18 | Beginning Cycling 6:00-6:45 pm Conference Room Sept 21 – Oct 26 | Pilates 6:30-7:15pm Dance 1 August 23 – Oct 18 | Cycle and Core 6:00-7:00 pm Conference Room Sept 23 – Oct 28 | For more information on classes or for registration information contact us at www.decaturnparks.org/disc or call 429-3472 | |
| | Zumba Toning® 6:15-7:00 pm Dance 1 Sept 21 – Oct 28 | | Zumba Toning® 6:15-7:00 pm Dance 1 Sept 21 – Oct 28 | | |
| Yoga 7:05-8:00 pm Dance 1 Sept 21 – Oct 28 | Yoga 7:05-8:00 pm Dance 1 Sept 21 – Oct 28 | | | | |



CLASS DESCRIPTIONS – For more details visit us at: www.decaturingdoorsportscenter.com or call 429-DISC.

- *All classes ½ off for Full Facility Members and MU Faculty and Staff; MU Students receive ½ off by registering on the start date of the class session*
- *Drop in Fees: \$3 for Full Facility Members and Millikin Students, Faculty and Staff / \$6 for Non-members*

BEGINNING CYCLING

This cycle class is geared for the beginner/intermediate exerciser and will progressively advance you to improved strength and stamina utilizing special stationary bikes. Each participant can customize their intensity to fit individual needs and fitness levels. **6-week sessions. FEE: \$38 (\$32 with resident discount) ½ off member discount does not apply.**

BODY SCULPTING

This popular class is designed for men and women of all ages. It's a safe, effective, and fast way to gain muscular and bone strength, fight osteoporosis, improve balance and coordination, and gain more energy and stamina. The 45-minute class uses dumbbells, resistance bands, and toning exercises. Class size is limited for more individual attention. **6-week sessions. FEE: \$62 (\$52 with resident discount)**

BODY SCULPT EXPRESS

Looking for a quick workout over the lunch hour? Join us for an "express" version of our popular Body Sculpting class. This 30-minute class uses dumbbells, resistance bands, and toning exercises. Class size is limited for more individual attention. **6-week sessions. FEE: \$48 (\$40 with resident discount)**

BOOT CAMP & MATINEE BOOT CAMP

Get in shape with the ultimate workout! Improve endurance, cardiovascular fitness and muscular strength through a wide variety of fun activities. Participants will enjoy components of cardio kickboxing, body sculpting, interval training and lots of core. Come prepared to work hard! **6-week sessions. FEE: \$53 (\$44 with resident discount)**

CYCLE & CORE

45 minutes of cycling...15 minutes of hard "core" exercises. Each participant can customize their intensity to fit individual needs and fitness levels. Every session includes elements of strength and cardiovascular training. Increase your endurance and sculpt your muscles! **6-week sessions. FEE: \$38 (\$32 with resident discount) ½ off member discount does not apply**

PILATES

Pilates offers an exercise form that strengthens your body while challenging your core stability, balance, and flexibility. It hardens your abs, strengthens your back and develops flexibility. Pilates will streamline your muscles without adding bulk or putting stress on your spine. **8-week sessions. FEE: \$62 (\$52 with resident discount)**

RISE & SHINE BOOT CAMP

An "early bird" version of our popular boot camp class. **6-week sessions. FEE: \$53 (\$44 with resident discount)**

SATURDAY FITNESS CLASS (Resumes September 18)

This class is a "test-drive" of our classes offered during the week. Each Saturday offers a different class. **Free for all full-facility pass holders and those enrolled in a current 6-week session. Non-member and Millikin Students Fee \$3**

TURBO KICK

It's a combo of intense kickboxing moves choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength and endurance training, and a relaxing cool down. No previous kickboxing experience required! **6-week sessions. FEE: \$53 (\$44 with resident discount)**

YOGA

Yoga is an effective form of exercise that increases flexibility, strength, balance and stamina, while relieving stress and tension. This class is a combination of power and relaxation moves. The exercises can be modified to fit various ages and fitness levels. **6-week sessions FEE: \$53 (\$44 with resident discount)**

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! **6-week sessions. FEE: \$53 (\$44 with resident discount)**

ZUMBA® TONING

When it comes to getting in shape, Zumba Toning raises the bar with a class designed for the more **hardcore** Zumba participant. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training dance fitness-party. Students learn how to use lightweight dumbbells to enhance rhythm and tone all their target zones **6-week sessions. FEE: \$53 (\$44 with resident discount)**