



DISC Group Fitness



April 10 - May 18, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK APRIL 10-MAY 17	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 ONGOING	CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK APRIL 10-MAY 17	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 ONGOING	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 ONGOING
FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 ONGOING	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 APRIL 11-MAY 18	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 ONGOING	BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK APRIL 10-MAY 18	
BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK APRIL 10-MAY 18	PiYo 4:45-5:45PM DANCE STUDIO 2 APRIL 11-MAY 18	BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK APRIL 10-MAY 17	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 APRIL 11-MAY 18	Group Fitness Punch Pass! 10-Class Punch Pass Member: \$35 Non-Member: \$60
BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK APRIL 10-MAY 17	BODY SCULPTING PM 5:30-6:30PM NW CORNER/TRACK APRIL 11-MAY 18	KETTLEWORX CARDIO 4:55-5:25PM DANCE STUDIO 2 APRIL 10-MAY 17	PiYo 4:45-5:45PM DANCE STUDIO 2 APRIL 11-MAY 18	ALL CLASSES ARE BUY ONE GET ONE 1/2 OFF!!!
KETTLEWORX CARDIO 4:55-5:25PM DANCE STUDIO 2 APRIL 10-MAY 17	KETTLEWORX CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 1 APRIL 11-MAY 18	BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 APRIL 10-MAY 17	BODY SCULPTING PM 5:30-6:30PM NW CORNER/TRACK APRIL 11-MAY 18	Drop in Fees: Member: \$4 Non-Member: \$8
BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 APRIL 10-MAY 17		FITNESS INFUSION 6:30-7:15PM DANCE STUDIO 1 APRIL 10-MAY 17	KETTLEWORX CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 1 APRIL 11-MAY 18	Visit Our Facebook! www.facebook.com/Decatur-Indoor-Sports-Center
FITNESS INFUSION 6:30-7:15PM DANCE STUDIO 1 APRIL 10-MAY 17		PURE YOGA 7:20-8:30PM DANCE STUDIO 1 APRIL 10-MAY 17		
PURE YOGA 7:20-8:30PM DANCE STUDIO 1 APRIL 10-MAY 17	This Session Is A FEATURE SESSION! Free Drop-Ins For Different Classes Each Week! See Front Desk For More Details.	NEW Spring & Summer Activity Guides are now out! Pick Yours Up At The DISC Today!	Drop Your Kids Off & Come Work Out! DISC Playroom Hours: 8:30-11am & 4-7pm	 Decatur - PARK DISTRICT - www.decaturnparks.org

CLASS NAME	CLASS DESCRIPTION	MEMBERS (NON-RESIDENT) / (RESIDENT)	NONMEMBERS (NON-RESIDENT) / (RESIDENT)
CARDIO BLAST	Start your day with a blast with high intensity interval training! If you're looking to improve your cardio endurance, muscle and core strength, or overall athletic enhancement, this blast is for you!	\$29/24	\$58/48
CARDIO BLAST PLUS	All the benefits of Cardio Blast with a higher level of variety and intensity. Ideal for members looking to commit to a 6 week workout plan to truly achieve their fitness goals. Combines Cardio Blast, Track Blast, Cycling, and alternative cardio workouts. Class welcomes beginner through advanced levels.	\$55/45	\$99/89
FOREVER FIT (55+)	A low impact class created with people 55 years of age and older in mind. See class flyer for fees and more information	SEE CLASS FLYER	SEE CLASS FLYER
SILVER SNEAKERS CHAIR YOGA (55+)	Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	SEE CLASS FLYER	SEE CLASS FLYER
BODY SCULPTING AM & PM	This popular class is a safe and effective way to gain muscle mass, increase bone strength, improve balance and coordination, and gain more energy and stamina. Using dumbbells and steps to tone muscles, it's a great class for men and women of all ages!	\$34/28	\$68/56
KETTLEWORX CARDIO	30 minutes to incinerate the fat; using kettlebells, workouts are high energy fat burning total body routines!	\$25/21	\$50/42
KETTLEWORX CORE & RESISTANCE	60 minutes ripped to the core using kettlebells; Core includes workouts that are designed to tighten your core and abdominal muscles. Resistance is a high energy workout designed to tone and sculpt your entire body!	\$34/28	\$68/56
FITNESS INFUSION	Enhance your overall fitness with this low impact mix of stretching, core strengthening, and balance. Benefits include increased flexibility, core strengthening, and fitness related injury prevention	\$29/24	\$58/48
PURE YOGA	70 minutes of pure yoga. Step into this class to put you mind, body, & soul at ease while improving your overall physical and mental health. Kick off your shoes and enjoy the relaxation!	\$38/32	\$76/64
BOOT CAMP & MATINEE BOOT CAMP	Get in shape fast with this workout! Improve endurance, cardiovascular fitness, and muscular strength through a wide variety of exercises. From circuit training and core, to body sculpting and interval training, come prepared to work hard!	\$34/28	\$68/56
PiYo	This is a fun, unique class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!	\$34/28	\$68/56
BUNS & GUNS	Lift, shape, and define your muscles! This is a high intensity, low impact, arm & glute focused workout. This class is for all levels and will leave you tank top ready just in time for summer! Perfect class for that mid-day workout!	\$34/28	\$68/56