



DISC Group Fitness Schedule

August-September 2015

*Ages 14+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast w/Joe 5:30-6:15am, Dance Studio 1 August 3-September 14	Rise & Shine Boot Camp w/Joe 5:30-6:15am, Dance Studio 1 Cancelled this session	Cardio Blast w/Joe 5:30-6:15am, Dance Studio 1 August 3-September 14	Rise & Shine Boot Camp w/Joe 5:30-6:15am, Dance Studio 1 Cancelled this session		
Forever Fit w/Judy 8-8:45am, Dance Studio 1 (ongoing)	Forever Fit w/Hallie & Marissa 8-8:45am, Dance Studio 1 (ongoing)	Forever Fit w/Judy 8-8:45am, Dance Studio 1 (ongoing)	Forever Fit w/Hallie & Marissa 8-8:45am, Dance Studio 1 (ongoing)	Forever Fit w/Judy 8-8:45am, Dance Studio 1 (ongoing)	
Body Sculpting AM w/Jeff 9-10am, NW Corner/Track August 3-September 14			Body Sculpting AM w/Jeff 9-10am, NW Corner/Track August 3-September 14		
Body Sculpt Express w/ Joe 12-12:30pm, NW Corner/Track Cancelled this session		Body Sculpt Express w/Joe 12-12:30pm, NW Corner/Track Cancelled this session			
KettleWorX Resistance w/Elisabeth 4-4:30pm, Dance Studio 2 August 5-September 14		KettleWorX Resistance w/Elisabeth 4-4:30pm, Dance Studio 2 August 5-September 14			
KettleWorX Cardio w/Elisabeth 4:30-5pm, Dance Studio 2 August 5-September 14	Boot Camp (Matinee) w/Abby 4:30-5:25pm, Dance Studio 1 August 6-September 10	KettleWorX Cardio w/Elisabeth 4:30-5pm, Dance Studio 2 August 5-September 14	Boot Camp (Matinee) w/Abby 4:30-5:25pm, Dance Studio 1 August 6-September 10		
Boot Camp w/Abby 5:30-6:25pm, Dance Studio 1 August 5-September 9	Body Sculpting PM w/Lyn 5:30-6:30pm, NW Corner/Track August 4-September 10	Boot Camp w/Abby 5:30-6:25pm, Dance Studio 1 August 5-September 9	Body Sculpting PM w/Lyn 5:30-6:30pm, NW Corner/Track August 4-September 10		
	KettleWorX Core w/Sherry 5:30-6pm, Dance Studio 2 August 4-September 15*		KettleWorX Core w/Sherry 5:30-6pm, Dance Studio 2 August 4-September 15*		
	KettleWorX Resistance w/Sherry 6-6:30pm, Dance Studio 2 August 4-September 15*		KettleWorX Resistance w/Sherry 6-6:30pm, Dance Studio 2 August 4-September 15*	<p>For more information visit www.decaturoorsportscenter.com or call 217-429-DISC(3472).</p> <p>Abby Lowe DISC Fitness Supervisor alowe@decparcs.com</p> 	
Fitness Infusion w/Joe 6:30-7:15pm, Dance Studio 1 August 3-September 14		Fitness Infusion w/Joe 6:30-7:15pm, Dance Studio 1 August 3-September 14			

- **All classes 50% off for Full Facility Members and Millikin!**
- **Drop In Fees: \$4 for Full Facility Members and Millikin; \$8 for Nonmembers (based on availability).**

[Updated August 6]

CLASS DESCRIPTIONS:

***Fees are for the entire 6 week session. All classes meet two days/week.**

BODY SCULPT EXPRESS - Looking for a quick workout over the lunch hour? Join us for an “express” version of our Body Sculpting class.

FEE: \$50 (\$42 with resident discount)

BODY SCULPTING – 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!

FEE: \$68 (\$56 with resident discount)

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!

FEE: \$68 (\$56 with resident discount)

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!

FEE: \$58 (\$48 with resident discount)

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.

FEE: \$58 (\$48 with resident discount)

FOREVER FIT – A low impact class created with people 55 years of age and older in mind. **See class flyer for fees and more information.**

KETTLEWORX CARDIO – 30 minutes to incinerate the fat; using kettlebells, workouts are high energy fat burning total body routines!

FEE: \$50 (\$42 with resident discount)

KETTLEWORX CORE – 30 minutes ripped to the core; using kettlebells, workouts are designed to tighten your core and abdominal muscles!

FEE: \$50 (\$42 with resident discount) *NO CLASS 8/18 & 8/20 (T/Th)

KETTLEWORX RESISTANCE – 30 minutes to force the energy; using kettlebells, workouts are high energy to sculpt and tone your entire body!

FEE: \$50 (\$42 with resident discount) *NO CLASS 8/18 & 8/20 (T/Th)