




Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK Joe Pajer	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 Jeannie Mayfield	CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK Joe Pajer	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 Jeannie Mayfield	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman
FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman	TRX 12:15-1:00PM NW CORNER/TRACK Sonja Eades	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman	BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK Jeff Rounds	
BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK Jeff Rounds	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 Justin Brooks	BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK Sonja Eades	TRX 12:15-1:00PM NW CORNER/TRACK Sonja Eades	
BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK Sonja Eades	PiYo 5:30-6:30pm DANCE STUDIO 1 Kathy	SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 Theresa Himmerlrick	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 Justin Brooks	Drop in Fees: MU Students/ Decatur Park District: \$4 Non-Member: \$8
SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 Theresa Himmerlrick	FAMILY FITNESS 6:00-7:00PM DANCE STUDIO 2 Justin Brooks	BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 Justin Brooks	PiYo 5:30-6:30pm DANCE STUDIO 1 Kathy	Group Fitness Punch Pass! 10-Class Punch Pass MU Students/ Decatur Park District: \$25 Non-Member: \$50
BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 Justin Brooks	ZUMBA® 7:00-8:00PM DANCE STUDIO 2 Emily Mears	KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 Sherry Plain	ZUMBA® 7:00-8:00PM DANCE STUDIO 2 Emily Mears	 Visit Our Facebook! www.facebook.com/Decatur-Indoor-Sports-Center
KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 Sherry Plain		TRX PM 5:30-6:30PM NW CORNER/TRACK Sonja Eades		
TRX PM 5:30-6:30PM NW CORNER/TRACK Sonja Eades		PURE YOGA 7:00-8:10PM DANCE STUDIO 1 Jeff Hunt		
PURE YOGA 7:00-8:10PM DANCE STUDIO 1 Jeff Hunt				



Simple and fast way to sign up for group fitness classes

How to sign up:

Computer

1. Open "www.signupgenius.com" in your computer's browser
2. Make an account (it's free)
 - Name, Email, and Phone number
3. Search "jbrooks@decparks.com"
4. Sign up for class(es)

Smart Phone Installment

1. Open "m.signupgenius.com" in your phone's browser
2. Tap on the bottom center arrow (iOS phone) or tap the "more options" button (Android phone)
3. Tap "Add to Home Screen"
4. You can now launch the web app from home screen



iOS



Android