





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 5:00-6:00PM DANCE STUDIO 2 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 4:45-5:45PM DANCE STUDIO 2 Kathy	<u>Group Fitness Punch Pass!</u> 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	 <u>Visit Our Facebook!</u> 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		<u>Benefits of Group Fitness!</u> Accountability/Support Motivation Social Opportunities Physical Benefits
TRX PM 5:30-6:30PM NW CORNER/TRACK Sonja Eades		PURE YOGA 7:00-8:10PM DANCE STUDIO 1 Jeff Hunt		
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