


# DISC Group Fitness



# January 2 - February 9, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDIO BLAST</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 8	<b>CARDIO BLAST PLUS</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 9	<b>CARDIO BLAST</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 8	<b>CARDIO BLAST PLUS</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 9	<b>FOREVER FIT (55+)</b> 8:00-8:45AM DANCE STUDIO 1 <b>ONGOING</b>
<b>CARDIO BLAST PLUS</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 9	<b>SILVER SNEAKERS CHAIR YOGA</b> 8:00-8:45AM DANCE STUDIO 1 <b>ONGOING</b>	<b>CARDIO BLAST PLUS</b> 5:30-6:15AM DANCE STUDIO 1/TRACK JANUARY 2-FEBRUARY 9	<b>SILVER SNEAKERS CHAIR YOGA</b> 8:00-8:45AM DANCE STUDIO 1 <b>ONGOING</b>	
<b>FOREVER FIT (55+)</b> 8:00-8:45AM DANCE STUDIO 1 <b>ONGOING</b>	<b>MATINEE BOOT CAMP</b> 4:30-5:25PM DANCE STUDIO 1 JANUARY 3-FEBRUARY 9	<b>FOREVER FIT (55+)</b> 8:00-8:45AM DANCE STUDIO 1 <b>ONGOING</b>	<b>BODY SCULPTING AM</b> 9:00-10:00AM NW CORNER/TRACK JANUARY 2-FEBRUARY 9	
<b>BODY SCULPTING AM</b> 9:00-10:00AM NW CORNER/TRACK JANUARY 2-FEBRUARY 9	<b>PiYo</b> 4:45-5:45PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	<b>KETTLEWORX CARDIO</b> 4:55-5:25PM DANCE STUDIO 2 JANUARY 2-FEBRUARY 8	<b>MATINEE BOOT CAMP</b> 4:30-5:25PM DANCE STUDIO 1 JANUARY 3-FEBRUARY 9	<b>Check Us Out On Facebook!</b> <a href="http://www.facebook.com/decaturparkdistrict">www.facebook.com/decaturparkdistrict</a>
<b>KETTLEWORX CARDIO</b> 4:55-5:25PM DANCE STUDIO 2 JANUARY 2-FEBRUARY 8	<b>BODY SCULPTING PM</b> 5:30-6:30PM NW CORNER/TRACK JANUARY 3-FEBRUARY 9	<b>BOOT CAMP</b> 5:30-6:25PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8	<b>PiYo</b> 4:45-5:45PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	
<b>BOOT CAMP</b> 5:30-6:25PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8	<b>KETTLEWORX CORE</b> 6:00-6:30PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	<b>FITNESS INFUSION</b> 6:30-7:15PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8	<b>BODY SCULPTING PM</b> 5:30-6:30PM NW CORNER/TRACK JANUARY 3-FEBRUARY 9	<b><u>BOGO 1/2 Off</u></b> All Classes Are Buy One Get One Half Off!
<b>FITNESS INFUSION</b> 6:30-7:15PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8	<b>KETTLEWORX RESISTANCE</b> 6:30-7:00PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	<b>PURE YOGA</b> 7:20-8:30PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8	<b>KETTLEWORX CORE</b> 6:00-6:30PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	<b><u>Drop in Fees:</u></b> <b>\$4</b> for Full Facility Members <b>\$8</b> for Nonmembers
<b>PURE YOGA</b> 7:20-8:30PM DANCE STUDIO 1 JANUARY 2-FEBRUARY 8			<b>KETTLEWORX RESISTANCE</b> 6:30-7:00PM DANCE STUDIO 2 JANUARY 3-FEBRUARY 9	<b><u>Group Fitness Punch Pass!</u></b> 10-Class Punch Pass Member: <b>\$35</b> Non-Member: <b>\$60</b>

<b>CLASS NAME</b>	<b>CLASS DESCRIPTION</b>	<b>MEMBERS (NON-RESIDENT) / (RESIDENT)</b>	<b>NONMEMBERS (NON-RESIDENT) / (RESIDENT)</b>
<b>CARDIO BLAST</b>	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!	<b>\$29/24</b>	<b>\$58/48</b>
<b>CARDIO BLAST PLUS</b>	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.	<b>\$55/45</b>	<b>\$99/89</b>
<b>FOREVER FIT (55+)</b>	A low impact class created with people 55 years of age and older in mind. See class flyer for fees and more information	<b>SEE CLASS FLYER</b>	<b>SEE CLASS FLYER</b>
<b>SILVER SNEAKERS CHAIR YOGA</b>	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.	<b>SEE CLASS FLYER</b>	<b>SEE CLASS FLYER</b>
<b>BODY SCULPTING AM &amp; PM</b>	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!	<b>\$34/28</b>	<b>\$68/56</b>
<b>KETTLEWORX RESISTANCE</b>	30 minutes to force the energy; using kettlebells, workouts are high energy to sculpt and tone your entire body!	<b>\$25/21</b>	<b>\$50/42</b>
<b>KETTLEWORX CARDIO</b>	30 minutes to incinerate the fat; using kettlebells, workouts are high energy fat burning total body routines!	<b>\$25/21</b>	<b>\$50/42</b>
<b>KETTLEWORX CORE</b>	30 minutes ripped to the core; using kettlebells, workouts are designed to tighten your core and abdominal muscles!	<b>\$25/21</b>	<b>\$50/42</b>
<b>FITNESS INFUSION</b>	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	<b>\$29/24</b>	<b>\$58/48</b>
<b>PURE YOGA</b>	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!	<b>\$38/32</b>	<b>\$76/64</b>
<b>BOOT CAMP &amp; MATINEE BOOT CAMP</b>	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!	<b>\$34/28</b>	<b>\$68/56</b>
<b>PiYo</b>	This is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!	<b>\$34/28</b>	<b>\$68/56</b>