




CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK October 30- December 6	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 ONGOING	CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK October 30- December 6	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	TRX 12:15-1:00PM NW CORNER/TRACK October 31-December 7	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 ONGOING	BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK October 30-December 7	<i>October 30-December 7</i>
BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK October 30- December 7	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 October 31-December 7	BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK October 30- December 6	TRX 12:15-1:00PM NW CORNER/TRACK October 31-December 7	
BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK October 30- December 6	PiYo 4:45-5:45PM DANCE STUDIO 2 October 31-December 7	SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 **NEW**	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 October 31-December 7	
SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 **NEW**	TOTAL BODY BARBELL 5:30-6:30PM DANCE STUDIO 1 October 31-December 7	BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 October 30- December 6	PiYo 4:45-5:45PM DANCE STUDIO 2 October 31-December 7	ALL CLASSES ARE BUY ONE GET ONE 1/2 OFF!!!
BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 October 30- December 6	FAMILY FITNESS 6:00-7:00PM DANCE STUDIO 2 October 31-December 5	KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 October 30- December 6	TOTAL BODY BARBELL 5:30-6:30PM DANCE STUDIO 1 October 31-December 7	Drop in Fees: Member: \$4 Non-Member: \$8
KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 October 30- December 6	ZUMBA® 7:00-8:00PM DANCE STUDIO 2 October 10- December 7	TRX PM 5:30-6:30PM NW CORNER/TRACK October 30- December 6 **NEW**	ZUMBA® 7:00-8:00PM DANCE STUDIO 2 *October 10-December 7	Group Fitness Punch Pass! 10-Class Punch Pass Member: \$35 Non-Member: \$60
TRX PM 5:30-6:30PM NW CORNER/TRACK October 30- December 6 **NEW**		PURE YOGA 7:00-8:10PM DANCE STUDIO 1 October 30- December 6		 Visit Our Facebook! www.facebook.com/Decatur-Indoor-Sports-Center
PURE YOGA 7:00-8:10PM DANCE STUDIO 1 October 30- December 6			SEE BACK OF SCHEDULE FOR EACH CLASS DESCRIPTION	Benefits of Group Fitness! Accountability/Support Motivation Social Opportunities Physical Benefits

CLASS NAME	CLASS DESCRIPTION	MEMBERS (NON-RESIDENT) / (RESIDENT)	NONMEMBERS (NON-RESIDENT) / (RESIDENT)
Zumba®	Fusion of Latin and International music / dance themes that create a dynamic, exciting, fun, and easy to do workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Come and join the party!!	*\$26/20	*\$52/40
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
SPIN CLASS	Varied mixture to flats, hills, jumps & sprints while burning calories all the Way! Sweat, Strengthen & reset your mind!	\$34/28	\$68/56
BODY SCULPTING AM	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 to tone muscles, it's a great class for men and women of all ages!	\$34/28	\$68/56
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
Family Fitness	Nothing is more important than being active...together! Family Fitness is a NEW option, with a variety of activities each week. Exercises are modified according to participants' ages and ability levels, so ALL can comfortably participate and challenge each other! Fee includes 6 classes. Give Family Fitness a try!	Family of 2 Resident: \$45 Non-Resident: \$50 (add \$10 for each additional family member)	Drop in Fee Price per person Resident: \$5 Non-Resident: \$7
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
TRX/ TRX PM	TRX is the original suspension trainer. The TRX leverages gravity and your body weight to perform hundreds of exercises while providing greater performance and functionality. Beneficial for people of all fitness levels, this class will help you build a rock solid core, increase muscular endurance, and have an effective total body workout.	\$29/24	\$58/48

<p>TOTAL BODY BARBELL</p>	<p>Tone and strengthen your entire body using a personal-sized barbell, that YOU control the weight of, to target all the major muscle groups. NASM CPT, Sonja Eades, will guide you through a one-hour total body resistance workout emphasizing proper form and technique. This is a high intensity, low impact workout that can be tailored to meet the needs of anyone!</p>	<p>\$34/28</p>	<p>\$68/56</p>
<p>Kettlebell Core & Resistance</p>	<p>30 minutes of core work and 30 minutes of resistance for a great 60 minute full body workout. Fast paced class using kettlebells and body weight exercises.</p>	<p>\$34/28</p>	<p>\$68/56</p>
<p>BOOT CAMP & MATINEE BOOT CAMP</p>	<p>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!</p>	<p>\$34/28</p>	<p>\$68/56</p>
<p>CARDIO BLAST</p>	<p>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!</p>	<p>\$29/24</p>	<p>\$58/48</p>