

# DISC Group Fitness



# September 12<sup>th</sup> - October 20<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDIO BLAST</b> 5:30-6:15PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>SILVER SNEAKERS CHAIR YOGA</b> 8:00-8:45PM DANCE STUDIO 1 <b>ONGOING</b>	<b>CARDIO BLAST</b> 5:30-6:15PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>SILVER SNEAKERS CHAIR YOGA</b> 8:00-8:45PM DANCE STUDIO 1 <b>ONGOING</b>	
<b>FOREVER FIT (55+)</b> 8:00-8:45PM DANCE STUDIO 1 <b>ONGOING</b>	<b>MATINEE BOOT CAMP</b> 4:30-5:25PM DANCE STUDIO 1 SEPTEMBER 13-OCTOBER 20	<b>FOREVER FIT (55+)</b> 8:00-8:45PM DANCE STUDIO 1 <b>ONGOING</b>	<b>BODY SCULPTING AM</b> 9:00-10:00PM NW CORNER/TRACK SEPTEMBER 12-OCTOBER 20	<b>FOREVER FIT (55+)</b> 8:00-8:45PM DANCE STUDIO 1 <b>ONGOING</b>
<b>BODY SCULPTING AM</b> 9:00-10:00PM NW CORNER/TRACK SEPTEMBER 12-OCTOBER 20	<b>PiYo</b> 4:30-5:30PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	<b>KETTLEWORX CARDIO</b> 4:55-5:25PM DANCE STUDIO 2 SEPTEMBER 12-OCTOBER 19	<b>MATINEE BOOT CAMP</b> 4:30-5:25PM DANCE STUDIO 1 SEPTEMBER 13-OCTOBER 20	
<b>KETTLEWORX CARDIO</b> 4:55-5:25PM DANCE STUDIO 2 SEPTEMBER 12-OCTOBER 19	<b>BODY SCULPTING PM</b> 5:30-6:30PM NW CORNER/TRACK SEPTEMBER 13-OCTOBER 20	<b>BOOT CAMP</b> 5:30-6:25PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>PiYo</b> 4:30-5:30PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	
<b>BOOT CAMP</b> 5:30-6:25PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>KETTLEWORX CORE</b> 6:00-6:30PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	<b>FITNESS INFUSION</b> 6:30-7:15PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>BODY SCULPTING PM</b> 5:30-6:30PM NW CORNER/TRACK SEPTEMBER 13-OCTOBER 20	
<b>FITNESS INFUSION</b> 6:30-7:15PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>KETTLEWORX RESISTANCE</b> 6:30-7:00PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	<b>PURE YOGA</b> 7:20-8:30PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19	<b>KETTLEWORX CORE</b> 6:00-6:30PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	<b>Stronger. Together.</b>
<b>PURE YOGA</b> 7:20-8:30PM DANCE STUDIO 1 SEPTEMBER 12-OCTOBER 19			<b>KETTLEWORX RESISTANCE</b> 6:30-7:00PM DANCE STUDIO 2 SEPTEMBER 13-OCTOBER 20	
All Group Fitness Classes Are <b>Buy One Get One Half Off!!!</b>	<b>Drop in Fees:</b> \$4 for Full Facility Members and Millikin \$8 for Nonmembers	All classes are <b>50% off</b> for Full Facility Members and Millikin	<b>~Playroom at the DISC~</b> Drop your child off & come workout! 6 months-11 years old Open Mon-Thurs 4-7pm	

<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>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>