




DISC Group Fitness Schedule September 11th - October 19th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK September 11- October 18	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 ONGOING	CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK September 11- October 18	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 September 12-October 19	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 ONGOING	BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK September 11-October 19	
BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK September 11- October 19	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 September 12-October 19	BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK September 11- October 18	TRX 12:15-1:00PM NW CORNER/TRACK September 12-October 19	
BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK September 11- October 18	PiYo 4:45-5:45PM DANCE STUDIO 2 September 12-October 19	BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 September 11- October 18	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 September 12-October 19	ALL CLASSES ARE BUY ONE GET ONE 1/2 OFF!!!
BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 September 11- October 18	TOTAL BODY BARBELL 5:30-6:30PM DANCE STUDIO 1 September 12-October 19	KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 September 11- October 18 **NEW CLASS**	PiYo 4:45-5:45PM DANCE STUDIO 2 September 12-October 19	Drop in Fees: Member: \$4 Non-Member: \$8
KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 September 11- October 18 **NEW CLASS**	FAMILY FITNESS 6:00-7:00PM DANCE STUDIO 2 September 12-October 17 **NEW CLASS**	PURE YOGA 7:00-8:10PM DANCE STUDIO 1 September 11- October 18	TOTAL BODY BARBELL 5:30-6:30PM DANCE STUDIO 1 September 12-October 19	Group Fitness Punch Pass! 10-Class Punch Pass Member: \$35 Non-Member: \$60 Visit Our Facebook!
PURE YOGA 7:00-8:10PM DANCE STUDIO 1 September 11- October 18	ZUMBA 7:00-8:00PM DANCE STUDIO 2 September 12-October 19 **NEW CLASS**		ZUMBA 7:00-8:00PM DANCE STUDIO 2 September 12-October 19 **NEW CLASS**	 www.facebook.com/Decatur-Indoor-Sports-Center
			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)
CARDIO BLAST	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!	\$29/24	\$58/48
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
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
BOOT CAMP & MATINEE BOOT CAMP	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!	\$34/28	\$68/56
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 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
TOTAL BODY BARBELL	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!	\$34/28	\$68/56
Kettlebell Core & Resistance	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.	\$34/28	\$68/56

<p>Family Fitness</p>	<p>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!</p>	<p>Family of 2 Resident: \$45 Non-Resident: \$50 (add \$10 for each additional family member)</p>	<p>Drop in Fee Price per person Resident: \$5 Non-Resident: \$7</p>
<p>Zumba</p>	<p>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!!</p>	<p>\$34/28</p>	<p>\$68/56</p>