



GROUP FITNESS CLASSES

AT THE DISC!

Full-Facility DISC Members - FREE
Drop-in: \$8

Forever Fit & Chair Yoga: \$3

Limited Spots Available!

Full-Facility members can pre-register for classes at webtrac.decalur-parks.org or call 429-3472.



Monday

6:00 - 6:45 a.m.	Sunrise Spin**
8:00 - 8:45 a.m.	Forever Fit
10:00 - 10:45 a.m.	Online Tribe*
5:30 - 6:15 p.m.	Boot Camp
5:30 - 6:00 p.m.	HIIT the Pavement***
6:30 - 7:30 p.m.	Pure Yoga

Tuesday

6:00 - 6:45 a.m.	Tabata Boot Camp
8:00 - 8:45 a.m.	Chair Yoga
10:00 - 10:45 a.m.	Online Tribe*
12:00 - 1:00 p.m.	Hyped for Hikes***
4:30 - 5:15 p.m.	Cardio Blast

Wednesday

6:00 - 6:45 a.m.	Sunrise Spin**
8:00 - 8:45 a.m.	Forever Fit
10:00 - 10:45 a.m.	Online Tribe*
5:30 - 6:15 p.m.	Boot Camp
5:30 - 6:00 p.m.	HIIT the Pavement***
6:30 - 7:30 p.m.	Pure Yoga

Thursday

6:00 - 6:45 a.m.	Total Body
8:00 - 8:45 a.m.	Chair Yoga
10 - 10:45 a.m.	Online Tribe*
12:00 - 1:00 p.m.	Hyped for Hikes***
4:30 - 5:15 p.m.	Boot Camp

Friday

8:00 - 8:45 a.m.	Forever Fit
12:00 - 1:00 p.m.	Hyped for Hikes***

Saturday

9:00 - 9:45 a.m.	Showcase
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* Ask us about online memberships or add-ons!

** Reservation required

*** Mondays at Fairview Park, Pavilion 1
Wednesdays at Devon Amphitheatre

Indoor, Outdoor, or Online- We've got you covered!