

Dakotah! Group Fitness Land & Cycle

Spring Schedule– Effective April 1, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am		Kettlebell Chris Gymnasium 30 minutes	Team Conditioning Chris Gymnasium 45 minutes	Hard Core Melissa F. Studio 1 45 minutes	Cycle & Strength Alision Cycle Studio/Gym 60 minutes		
5:45 am		Cycle Colleen Z. Cycle Studio 45 minutes	Sculpt 'N Strength Melissa F. Studio 1 45 minutes	Cycle Annie Cycle Studio 45 minutes			
8:00 am		MSROM Karen Studio 2 45 minutes		MSROM Kelley Studio 2 45 minutes		Cycle Sarah Cycle Studio 60 minutes	
8:00 am			H.I.T. Beth Studio 1 45 minutes	Zumba Lesa Studio 1 60 minutes		Step Rotation Studio 1 60 minutes	
9:00 am	Active Senior Karen Studio 2 45 minutes	Team Conditioning Shaun Gymnasium 60 minutes	Kettlebell Bootcamp Trisha Gymnasium 60 minutes	Team Conditioning Trisha Gymnasium 60 minutes	Active Senior Celesta Studio 2 45 minutes		
9:15 am	50/50 Monika Studio 1 60 minutes	Kickboxing Kirsten Studio 1 60 minutes	30/20/10 Lesa Studio 1 60 minutes	Sculpt 'N Strength Lesa Studio 1 60 minutes	H.I.T. Denise Studio 1 45 minutes	Team Conditioning Gym– Rotation 60 minutes	Kids Fitness Gym 2–Colleen 60 minutes
9:30 am	Cycle Trisha Cycle Studio 60 minutes		Cycle Jane Cycle Studio 45 minutes		Cycle Trisha Cycle Studio 60 minutes	Cycle Rotation Cycle Studio 45 minutes	Cycle Rotation Cycle Studio 45 minutes
10:30 am	Sculpt 'N Strength Aimie Studio 1 45 minutes	Kid's Fitness Kirsten Studio 1 30 minutes	Strong Jane Studio 1 30 minutes		Hard Core Jane Studio 1 30 minutes	30/20/10 Rotation Studio 1 60 minutes	Sculpt 'N Strength Rotation Studio 1 45 minutes
12:00pm	H.I.T. Trisha Studio 1 30 minutes	Strong Renee Studio 1 30 minutes	Cycle Kirsten Cycle Studio 30 minutes				
4:30 pm	H.I.T. Denise Studio 1 45 minutes	Kettlebell Bootcamp Heather Gymnasium 60 minutes	Step Monika Studio 1 60 minutes	Sculpt 'N Strength Denise Studio 1 60 minutes			
5:30 pm		Cycle Renee Cycle Studio 45 minutes	Cycle Kristen Cycle Studio 45 minutes	Cycle & Strength Kim Cycle Studio 60 minutes			
5:45 pm	Sculpt 'N Strength Kim Studio 1 60 minutes	Zumba Rotation Studio 1 60 minutes	Strong Carol Studio 1 60 minutes	Zumba Emmy Studio 1 60 minutes			
6:00 pm							Zumba Lesa/Emmy Studio 1 60 minutes
7:00 pm	Boot Camp Carol Studio 1 60 minutes	Sculpt 'N Strength Madonna Studio 1 60 minutes	50/50 Wendy Studio 1 60 minutes	50/50 Kim Studio 1 60 minutes			

Classes are subject to change without prior notice.

All participants must be at least 14 years old and fit the equipment to participate in any group fitness class.

CLASS	DESCRIPTION
Active Senior	Come swing to some favorite tunes while working on balance, strength, functional exercises and light cardio work.
Boot Camp	This is a one hour unforgettable workout. Drills, obstacle courses and intervals that will challenge and improve fitness levels.
Cycle	A multi-level and energized indoor cycle ride performed to music. Speed drills, hill climbs and more in a group class atmosphere.
Cycle & Strength	Get a motivating cycle ride followed by strength exercises to get a balanced workout! Strength may vary from kettlebells, bands or body weight exercises.
Fusion	This class fuses yoga, pilates and strength training to give a "pumped-up" mind-body workout.
Hard Core	Improve total body strength and endurance while developing "core" muscles including lower back muscles, hips and glutes.
H.I.T.	Get H.I.T.! <u>H</u> igh <u>I</u> ntensity <u>T</u> raining for all levels. The class will push all participants by offering challenging intervals of strength training or cardio with intervals of recovery. Breakout of the routine and get H.I.T.!
Kettlebell	Using the weighted Russian kettlebell, build strength, increase flexibility and work the core. Regular attendance is recommended.
Kettlebell Bootcamp	Build strength, increase flexibility, work the core and get a great cardiovascular workout.
Kickboxing	A kickboxing class designed to strengthen the entire body. Learn how to punch, kick and block to heart pumping music.
Kid's Fitness	Tuesdays: This class is for boys and girls ages 2-5. Class focuses on developing body awareness and responding to movement stimuli using music, sounds and equipment. Saturdays: Ages 4-10. Class meets in the gym and finishes in MPR2 with Yoga.
MSROM (Silver Sneakers)	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.
Sculpt 'N Strength	A weight training program, using bar and plates as the primary resistance tool. This program is designed to improve muscular strength and endurance. Routine changes every 6-8 weeks.
Step	This class is designed for the intermediate stepper. The class will gradually build choreography and intensity.
Strong	This class uses all methods of strength training to effectively build muscle and gain strength. The step, BOSU, weights, tubing and bands will be used during class.
Team Conditioning	This one hour session is for the intermediate to advanced participant that combines cardiovascular fitness activities with muscle strength and endurance work. Designed to improve levels of fitness through motivation and teamwork.
Zumba	A Latin inspired dance class that combines fast and slow rhythms that tone the entire body in an aerobic fashion.
30/20/10	Get it all in this 60 minute workout! 30 minutes of cardio, 20 minutes of strength training and 10 minutes of yoga based stretching.
50/50	No two classes are the same! A mix of cardio and weights using a variety of equipment for a complete workout.

Updated: 3/19/2012

Studio Locations

Cycle Studio– Lower level

Studio 1– Inside entrance

Studio 2: Behind Pro Shop on main level

Studio 3: Upper level across catwalk

Pool: Lower level-must enter through locker room