

EFFECTIVE: January 2, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	R&R Rotation Gymnasium 2 45 minutes	Total Circuit Randi Studio 1 45 minutes	CUT Rotation Studio 1 45 minutes	Sculpting Yoga Kate Studio 2 45 minutes	Cycle X Randi Cycle Studio/Gym 2 45 minutes		
8:00AM	Stretch & Balance Elle Studio 2 45 minutes	Fitness Yoga Stacy Studio 2 45 minutes	Stretch & Balance Elle Studio 2 45 minutes	Gentle Yoga Elle Studio 2 45 minutes	R&R Trisha Gymnasium 2 60 minutes		
8:00AM	Senior Circuit Lisa Studio 1 45 minutes	Senior Strength Denise Studio 1 45 minutes	Total Circuit Lisa Gymnasium 2	Senior Strength Lisa Studio 1 45 minutes	Strong Christy Studio 1 45 minutes	Cycle @ 8:15am Rotation Cycle Studio 45 minutes	Yoga @ 8:30am Christy/Stacy Studio 2 60 minutes
9:00AM		Aqua Fitness Denise Pool 45 minutes	Aqua Fitness Kami Pool 45 minutes	Aqua Fitness Anne Pool 45 minutes		Sculpting Yoga Danielle Studio 2 60 minutes	Total Circuit Melanie Studio 1 60 minutes
9:15AM	Yoga-AM Elle Studio 2 60 minutes	Pilates Ann B. Studio 2 60 minutes	Yoga-AM Christy Studio 2 60 minutes	Pilates Ann B. Studio 2 60 minutes	Yoga-AM Cheryl/Stacy Studio 2 60 minutes	E.P.I.C. Rotation Gymnasium 2 60 minutes	
9:15AM	50/50 Lisa Studio 1 60 minutes	Strong Val Studio 1 60 minutes	Barre Fusion Laurie Studio 1 45 minutes	Strong Lisa Studio 1 60 minutes	Strictly Step Denise Studio 1 45 minutes	Dance Fit Kirsten Studio 1 60 minutes	
9:15AM		Cycle X Renee Cycle Studio/Gym 2 60 minutes			Tread & Shred Carolyn Studio 1/Fitness Floor 45 minutes		
10:00AM	Deep Aqua Kami Pool 45 minutes		Deep Aqua Kami Pool 45 minutes		Deep Aqua Anne Pool 45 minutes		
10:30AM	Dance Fit Laurie Studio 1 45 minutes	Tread & Shred Carolyn Studio 1/Fitness Floor 45 minutes	Strictly Step Carolyn Studio 1 45 minutes	Tread & Shred Val Studio 1/Fitness Floor 45 minutes			
NOON	Metabolic Challenge Carolyn Gymnasium 2 30 minutes	Strong Renee Studio 1 30 minutes	Metabolic Challenge Renee Gymnasium 2 30 minutes	Fusion Renee Studio 2 30 minutes	Metabolic Challenge Carolyn Gymnasium 2 30 minutes		
4:45PM	Metabolic Challenge Denise Studio 1 45 minutes	Cycle Melissa H Cycle Studio 45 minutes	Strong Rotation Studio 1 45 minutes	TRX Circuit Melanie Gym 2/Studio 5 45 minutes			
5:45PM	Strong-PM Renee Studio 1 45 minutes	Dance Fit Elizabeth Studio 1 60 minutes		Dance Fit Carolyn Studio 1 60 minutes			
5:45PM		Total Circuit Lisa Gymnasium 2 60 minutes					

CLASS DESCRIPTIONS	
Barre Fusion	A blend of ballet, yoga, and strength training guaranteed to challenge your body!
Cycle	A multi-level and energized indoor cycle ride performed to music.
Cycle X	An energy packed cycle class with segments of high intensity interval training off the bike.
Cut	Get Cut by using bar and plates in this strength training class.
Dance Fit	Get ready to sweat! This workout will feel more like a party than a workout.
E.P.I.C.	Become EPIC! This class will include strength, cardio, plyos, agility drills, core and mobility.
Fitness Yoga	A vigorous flowing format which focuses on strength, balance and more difficult standing poses.
Fusion	Core strengthening movements combined with deep yoga-based stretching, designed to aid in recovery.
Gentle Yoga	This class is for participants who may need props or modifications during their yoga practice. Concentration will be on the shoulders, hamstrings, and lower back.
Metabolic Challenge	Challenging different energy systems is key to burning calories efficiently. Improve strength and endurance.
Pilates	This mind/body class will strengthen your core muscles and improve flexibility.
Recovery	Stretch and roll out to help you recover! Focus will be on range of motion and stretching. We recommend to come warm to class or after your workout for the day.
Rows & Reps	Alternate between utilizing rowers and strength training segments. Get ready to lift heavy and work!
Sculpting Yoga	Yoga poses and flow series combined with strength training that will challenge all levels.
Senior Circuit	Low impact and strength intervals to improve cardiovascular and muscular fitness using weights and bands.
Senior Strength	Participants will use dumbbells, bands and bodyweight to get stronger!
Stretch & Balance	Class will focus on standing balances and stretches. Great for people who want to avoid the bending and kneeling in a typical yoga class.
Strictly Step	Remember the old school step class? It is back! Join us for a cardio workout guaranteed to make you sweat!
Strong	This class uses all methods of strength training to effectively build muscle and gain strength.
Total Circuit	Alternate between bouts of strength and cardio work for a total body workout that will challenge every level of fitness. Kettlebells, mats, dumbbells, weighted bars and bands will be utilized for the workout.
Tread & Shred	A 45 minute workout that consists of intervals on a treadmill and strength movements on the floor. Get a full body workout! Intervals on the treadmill can either be running, jogging or walking. Max of 12 participants
TRX Circuit	Full body strength and cardio workout using TRX straps, weights and more! Great for all levels of fitness.
Yoga	Focus is on yoga postures and breathing that will strengthen, stretch and relax the entire body.
50/50	No two classes are the same! A mix of cardio and weights for a complete workout.

Pre-registration is required for classes

Register at any of the service desks, sign-up on the Dakotah! Sport & Fitness app or visit www.dakotahsport.com

Members are able to register 1 week before class time. Registration closes 60 minutes before class starts. If there are less than 5 members registered 60 minutes before a class begins, class will be cancelled.