



SPORT AND FITNESS

GROUP FITNESS

SCHEDULE

EFFECTIVE: January 13, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	Rows and Reps Randi Gymnasium 2 45 minutes	Total Circuit Randi Studio 1 45 minutes	Yoga Cheryl Studio 2 45 minutes	CUT Rotation Studio 1 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	Cycle Trisha Cycle Studio 45 minutes		
8:00AM	Senior Circuit Lisa Studio 1 45 minutes	Senior Power Denise Studio 1 45 minutes	Senior 50/50 Kirsten Studio 1 45 minutes	Senior Power Lisa Studio 1 45 minutes	Strong Christy Studio 1 45 minutes	Cycle @ 8:15am Rotation Cycle Studio 45 minutes	
8:00AM			Total Circuit Lisa Gymnasium 2 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	Aqua Strength Anne Pool 45 minutes		Total Circuit Melanie Studio 1 60 minutes
9:15AM	Yoga Elle Studio 2 60 minutes	Pilates Ann B. Studio 2 60 minutes	Yoga Christy Studio 2 60 minutes	Pilates Ann B. Studio 2 60 minutes	Yoga Cheryl/Stacy Studio 2 60 minutes	Dance Fit Rotation Studio 1 60 minutes	
9:15AM	50/50 Lisa Studio 1 60 minutes	Strong Carolyn Studio 1 60 minutes	Barre Fusion Laurie Studio 1 45 minutes	Strong Lisa Studio 1 60 minutes	Strictly Step Denise Studio 1 45 minutes	E.P.I.C. Lisa Gymnasium 2 60 minutes	
9:15AM		Cycle X Renee Cycle Studio/Gym 2 60 minutes				Sculpting Yoga Danielle Studio 2 60 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						
NOON	Metabolic Challenge Carolyn Gymnasium 2 30 minutes	Strong Renee Studio 1 30 minutes	Metabolic Challenge Lisa 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	Free For All Cardio Rotation Studio 1 45 minutes	TRX Melanie Studio 5 45 minutes			Yoga Elle/Kristi Studio 2 60 minutes
5:45PM	Strong-PM Renee Studio 1 45 minutes	Dance Fit Elizabeth Studio 1 60 minutes	Strong Rotation Studio 1 45 minutes	Dance Fit Sara Studio 1 60 minutes			
5:45PM		Total Circuit Lisa Gymnasium 2 45 minutes					
5:45PM		Yoga Cheryl Studio 2 45 minutes					

Pre-registration is required for group fitness classes—schedule subject to change

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! Endurance, Power, Intensity, Core. Gain strength, enhance cardiovascular performance, increase agility, and develop core stability 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.
Free For All Cardio	A one of a kind class! A mix of bodyweight, steps, and medicine balls for a quick paced workout, followed by core strengthening and stability with light stretching.
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 with limited recovery.
Pilates	This mind/body class will strengthen your core muscles and improve flexibility.
Senior Circuit	Fun low impact and strength stations to increase your cardiovascular and muscular fitness. Each class varies in interval duration utilizing weights, balls, bands, BOSUS, steps, and kettlebells.
Senior Power	Participants will use dumbbells, bands and bodyweight to get stronger!
Senior 50/50	A low impact strength and cardio workout intended for beginners and seniors. Weights, bands, steps, and bodyweight exercises will increase stamina and muscle tone.
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, balls, 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	Full body strength and cardio workout using TRX straps. Great for all levels of fitness. Max of 12 participants.
Yoga	Focus is on yoga postures and breathing that will strengthen, stretch and relax the entire body.
50/50	A 50/50 chance at what cardio and weight format will be taught 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 fewer than 5 members registered 60 minutes before a class begins, class will be cancelled.