



**GOLD CLASSES**

MONDAY			
6:00a - 7:00a	Cycle	L21	Vicki
7:45a - 8:45a	Step & Tone	L14	Carmelo
9:00a - 10:00a	LesMills BodyPump	L14	Carmelo
9:00a - 10:00a	Yoga	MPR	Shiree
5:30p - 6:30p	Cycle	L21	Amanda
6:00p - 7:00p	LesMills BodyPump	L14	Allison
TUESDAY			
8:00a - 8:50a	Cardio Strength	L12	Nicole
8:00a - 8:45a	Pilates	L14	Martine
9:00a - 9:50a	Zumba	L12	Nicole
9:00a - 10:00a	Sculpt	L14	Martine
10:00a - 10:50a	Zumba - Gold	L12	Nicole
7:15p - 8:15p	Yoga	L14	Carrie
WEDNESDAY			
5:45a-6:45a	LesMills Tone	L14	Catherine
7:45a - 8:45a	Step & Tone	L14	Carmelo
9:00a - 10:00a	Yoga	MPR	Luanne
9:00a - 10:00a	LesMills BodyPump	L14	Linda
10:00a - 11:00a	Re-Cycle/ Senior Spin	L21	Chick
6:00p - 7:00p	LesMills BodyPump	L14	Lynn
THURSDAY			
5:45a - 6:45a	Cycle	L21	Amanda
8:00a - 9:00a	Cycle	L21	Jessica
8:00a - 8:45a	Pilates	L12	Martine
9:00a - 9:45a	Barre	L12	Nicole
9:45a - 10:15a	30-minute Core	L12	Nicole
6:00p - 7:00p	LesMills Tone	L14	Catherine
FRIDAY			
5:45a - 6:45a	Cycle/Yoga Combo	L21	Amanda
7:45a - 8:45a	Sculpt	L12	Nicole
9:00a - 10:00a	WERQ	L12	Xenia
SATURDAY			
7:15a - 8:15a	LesMills BodyPump	L14	Lynn
8:30a - 9:30a	Cycle	L21	Amanda

**PREMIER CLASSES**

MONDAY			
11:15a - 12:00p	Balance & Strength	L12	Denise
6:00p - 6:50p	Hit2Fit	L12	Anthony
7:10p - 8:00p	Weight Training for Women	L12	Vicki
7:45p - 8:40p	Pilates with MELT Rollers	L14	Linda
TUESDAY			
9:00a - 9:55a	Chair Yoga	MPR	Shiree
10:00a - 10:55a	Chair Yoga	MPR	Shiree
6:00p - 7:00p	Pads Striking	L12	Anthony
WEDNESDAY			
6:00p - 6:50p	Hit2Fit	L12	Anthony
6:00p - 6:55p	TRX	L21	Linda
6:00p - 7:00p	Yoga for Stress Relief/Back Pain	MPR	Kylie
7:10p - 8:00p	Weight Training for Women	L12	Vicki
THURSDAY			
11:15a - 12:00p	Balance & Strength	L12	Denise
12:10p - 12:55p	Balance & Strength	L12	Denise
6:00p - 6:55p	TRX	L21	Linda
7:00p - 7:55p	TRX	L21	Linda

**Lincoln Center Silver Sneaker Circuit**

Tuesdays and Thursdays 10am. Silver Sneaker Members Free. Punch pass required for non-silver sneaker members. Punch passes must be purchased at 4500 Fitness.

**GROUP EXERCISE OPTIONS**

**GOLD - UNLIMITED PASS:** \$20/month or \$240/yr

- Ask us about daily fees and punch passes.
- Group exercise classes are for individuals 15 years of age or older.

*Ask us about daily fees and punch passes*

**PREMIER CLASSES**

Premier classes are not part of the Gold - Unlimited pass. These classes are an additional fee. These classes typically run in 6-8 week sessions. To register please visit [dgparks.org](http://dgparks.org).



**GROUP FITNESS CLASS NOTIFICATIONS/UPDATES**

Receive updates for group fitness classes including class changes and cancellations by scanning the QR code on your phone, then subscribe via email and/or text.

**Starts 9/5/23**



**BARRE:** Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet or gym shoes can be worn.

**30-MINUTE CORE:** Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

**CYCLE:** A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

**PILATES:** Stand taller; learn the fundamentals of pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength and flexibility for the entire body. Props may be included to assist in movements.

**SCULPT:** Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

**YOGA:** Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

**LESMILLS BODYPUMP:** A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

**LESMILLS BODYCOMBAT:** A workout and you'll punch and kick your way to fitness, burning up calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**NEW: LESMILLS TONE:** This class combines blocks of strength, cardio and core training into one complete and convenient workout. The multi-peakworkout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength. Members leave feeling empowered and on track for all-around functional fitness.

**ZUMBA:** Ditch the Workout and Join the Party! Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

**RE-CYCLE/SENIOR CYCLE:** A spin class designed for active adults, seniors, or an athlete looking for a recovery ride. With aging comes changes, instead of fighting mother nature adjust to her and enjoy a spin class geared toward accommodating these changes but challenging you at the same time. It's time to Ride!

**WERQ:** WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

**NEW: CARDIO STRENGTH:** This class incorporates both high and low impact cardio moves, intermingled with exercises that target and strengthen various muscle groups. This class may utilize different methods including HIIT, Tabata, and weight training.