

Spring Session 2

April 22nd - June 1st

M	T	W	T	F	S
Ride and Shine ⌚ 5:45 a - 6:30 a 📍 LMR 💰 \$38/\$60 👤 C. Brierton	Stretch & Strengthen ⌚ 7:15 a - 7:45 a 📍 LMR 💰 \$28/\$42 👤 T. Wilson	Ride and Shine ⌚ 5:45 a - 6:30 a 📍 LMR 💰 \$38/\$60 👤 C. Brierton	Stretch & Strengthen ⌚ 7:15 a - 7:45 a 📍 LMR 💰 \$28/\$42 👤 T. Wilson	Friday Spin ⌚ 5:45 a - 6:30 a 📍 LMR 💰 \$25/\$39 👤 C. Brierton	Yoga ⌚ 9 a - 10 a 📍 SMR 💰 \$0 👤 F. Price
S.F.B. ⌚ 10:15 a - 11:15 a 📍 LMR 💰 \$38/\$60 👤 M. Barfield		S.F.B. ⌚ 10:15 a - 11:15 a 📍 LMR 💰 \$38/\$60 👤 M. Barfield			Crosstrain Insane ⌚ 9 a - 9:45 a 📍 LMR 💰 \$25/\$39 👤 L. Evans
Yoga ⌚ 12:10 p - 12:50 p 📍 SMR 💰 \$0 👤 F. Price	Dance Fitness ⌚ 5:05 p - 5:35 p 📍 LMR 💰 \$28/\$42 👤 T. Wilson	Yoga ⌚ 12:10 p - 12:50 p 📍 SMR 💰 \$0 👤 F. Price	Dance Fitness ⌚ 5:05 p - 5:35 p 📍 LMR 💰 \$28/\$42 👤 T. Wilson	<div style="background-color: #cccccc; padding: 10px;">  Class available on Zoom <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #4b0082; border-radius: 50%; margin-right: 5px;"></div> Low intensity </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #e91e63; border-radius: 50%; margin-right: 5px;"></div> Medium intensity </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #009688; border-radius: 50%; margin-right: 5px;"></div> High intensity </div> </div> <p>LMR: Large Meeting Room SMR: Small Meeting Room IH: Irish House GYM: Gym OUT: Outdoors (weather permitting)</p> </div>	
Raise the Bar ⌚ 12:15 p - 1 p 📍 LMR 💰 \$38/\$60 👤 B. Ham/T. Baker		Raise the Bar ⌚ 12:15 p - 1 p 📍 LMR 💰 \$38/\$60 👤 B. Ham/T. Baker			
Lower Body Sculpt ⌚ 4:15 p - 5 p 📍 LMR 💰 \$38/\$60 👤 C. Howard	TRX ⌚ 4:15 p - 4:45 p 📍 LMR 💰 \$28/\$42 👤 M. Barfield	Lower Body Sculpt ⌚ 4:15 p - 5 p 📍 LMR 💰 \$38/\$60 👤 C. Howard	TRX ⌚ 4:15 p - 4:45 p 📍 LMR 💰 \$28/\$42 👤 M. Barfield		
	Wonder Woman Workout ⌚ 5:30 p - 6:30 p 📍 OUT/SMR 💰 \$38/\$60 👤 E. Ormond		Wonder Woman Workout ⌚ 5:30 p - 6:30 p 📍 OUT/SMR 💰 \$38/\$60 👤 E. Ormond		

don't forget your....



Registration:

Members: Wednesday, April 3rd

Non-Members: Monday, April 8th

Members only discount: Pay full price for 1st class and receive \$20 off each additional class you register for within the same session!
DOT Employee discount: Receive \$15 off every single class!

Class Descriptions

Crosstrain Insane

Crosstrain Insane is the ultimate boredom-buster and utilizes various equipment and body weight to combine agility, speed, strength conditioning, cardio, core, and balance. This is a dynamic total body, heart pumping class that will challenge your endurance and keep you on your toes. Moves are modifiable to accommodate your fitness level and goals. Come strengthen and tone your body while also improving your cardio endurance.

Instructor: Laura Evans

Dance Fitness

Dance Fitness features a cardio workout choreographed to music, giving those unwanted calories "one last dance"

Instructor: Tammy Wilson

Friday Spin

Looking for that perfect class to spin into the weekend? Look no further than your favorite spin class. Join the exuberant Chris during your Friday lunch hour as you spin with your best friends and get a solid sweat before relaxing for the weekend.

Instructor: Chris Brierton

Lower Body Sculpt

Tone, sculpt, and lift your backside! This class will focus on shaping not only your glutes, but your legs as well! Using resistance bands and weights, we will torch calories while shaping our lower body!

Instructor: Chelsey Howard

Raise the Bar

Prepare to sweat in this strength training class that will give you a full body workout while challenging your major muscle groups. This class utilizes cardio weight training with dumbbells and barbells in various formats including partners workouts, AMRAP, EMOM and more. This class will test your endurance, give you results and is not recommended for beginners.

Instructors: Breiane Ham and Tricia Baker

Ride and Shine

A great way to start your day, come ride with us! Our spin class will challenge each rider to reach their fitness goals. To get your heart pumping we'll ride to the beat of your favorite tunes. Class will consist of several spin elements and the use of free weights while riding to increase stamina, strength and energy, as well as an ab workout.

Instructor: Chris Brierton

S.F.B.

Strength, flexibility and balance is an effective workout for increasing strength, muscular endurance, core fitness and balance. SFB is a perfect workout for older, active adults looking to increase functional movement capabilities. Participants will use a chair for exercises.

Instructor: Melissa Barfield

TRX

Where strength, stability, and versatility meet to redefine your fitness journey. TRX, which stands for Total Body Resistance Exercise, is a dynamic workout system that leverages suspension training to engage every muscle group, delivering unparalleled results in strength, balance, and flexibility.

Instructor: Melissa Barfield

Stretch and Strengthen

Our bodies need to stretch, flex, extend and lengthen. Boost your metabolism and enhance your muscle mass. Join Tammy's class to get a total body focus from your head to your toes using weights, resistance bands and body weight.

Instructor: Tammy Wilson

Wonder Woman Workout

Join us for an exhilarating outdoor group exercise class that will push your limits and transform your body! Wonder Woman Workout is a dynamic workout that combines circuit training, weight and strength training, and heart-pumping cardio to help you achieve your fitness goals while enjoying the great outdoors.

Instructor: Elizabeth Ormond

Yoga

Great stretching and relaxation for all ages! Yoga makes the body strong and flexible.

Instructors: Florence Price

Group fitness age guidelines: ages 15+ can participate in any group exercise class. Ages 11-14 may participate but must have a parent present during the duration of the class. Some classes may be deemed too difficult for anyone under 15. Final discretion is made by Y management.