

*SUR: Sign-Up Required

D: DAC Pool

K: Kids N' Fitness Pool

G: Gymnasium

Y: Yoga Studio

A: Aerobic Studio

Updated: 10/1/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YOGA							
6:30 AM	Yoga Morning Stretch A		Yoga Morning Stretch A		Yoga Morning Stretch A		
8:30 AM		Hot Fusion Yoga Y		Hot Fusion Yoga Y		Mildly Warm Mindful Yoga Y	
9:30 AM	Core Vinyasa Y		Gentle Restorative Yoga Y		Gentle Restorative Yoga Y		
5:30 PM	Hot Fusion Yoga Y	Restorative Yoga Y	Mildly Warm Mindful Yoga Y	Hot Fusion Yoga Y			
6:30 PM	Family Yoga A		Yoga 101 A				

GROUP EXERCISE							
5:10 AM	Morning Shred G		Morning Shred G		Body Shock G		
5:20 AM					MyTreadZone		
8:00 AM						HIIT The Barre A	
8:30 AM	Barre A		Wednesday Shake-Up! A		Barre A		
9:00 AM	Latin Dance A	Athletic Step A		Play Ball A		Guns, Glutes, & Guts G	Barre A
9:15 AM			TRX-IGNITE G *SUR				
9:30 AM				CSI A			
10:00 AM		Spin Chaos G					
12:00 PM		Guns, Glutes, & Guts G		Guns, Glutes, & Guts G	Guns, Glutes, & Guts A		
4:30 PM		Body Shock G		Body Shock G			
5:10 PM	Booty Bands A						
5:30 PM	Cardio Jam! A		Athletic Step A				
5:45 PM	Warrior Workout G						

YOUNG AT HEART							
8:30 am	Warm Water K		Warm Water K		Warm Water K		
11:00 AM	Cardio & Weights A	Yoga A	CABS A	Yoga A	Cardio A		
11:30 AM					Balance A		

WATER CLASSES							
9:45 AM	Splash Tabata D	Splash Cardio D	Splash Cardio D	Splash Cardio D	Splash Cardio D	Splash Cardio D	
11:00 AM						BogaFit D *SUR	
5:30 PM	Boot Camp Splash D	BogaFit G *SUR	Splash Cardio D	Splash Cardio D			
6:45 PM			BogaFit D *SUR				



Group Exercise, Yoga, & Water Classes



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Yoga

Gentle Yoga: Provides a safe, effective, non-competitive practice that is slow-paced, well supported, and relaxing. This practice is both challenging and relaxing for all levels. 60 mins

Core vinyasa: Yoga based on the teachings of Sadie Nardini, founder of Core Strength. Focus on connecting to our core, abs, and building inner strength. 60 mins

Family Yoga: Family class geared toward creating healthy habits for the whole family. All children must be accompanied by an adult 18 or older. Age of child 6+ years. 60 mins

Hot Fusion Yoga: Designed for all levels. A vigorous, more athletic approach to yoga techniques characterized by flowing poses focusing on strength, agility, balance, and flexibility in a heated room. 60 mins

Yoga 101: New to yoga? Yoga 101 will introduce you to the fundamentals of yoga practice. Come to learn, play, and break a sweat in a supportive environment. You don't have to be able to touch your toe, you just have to be willing to try. 60 mins

Yoga Morning Stretch: Gentle stretching and poses to start your day in a positive way. 60 mins

Restorative Yoga: A form of yoga that uses props to achieve physical, mental, and emotional relaxation. Poses are both stimulating yet relaxing.

Mildly Warm Mindful Yoga: Room is just mildly warm but poses are challenging based on personal ability. 60 mins

Water Classes

Warm Water Class: Water class for seniors and those suffering from arthritis or other injuries. 60 mins

Splash Cardio: A high intensity, shallow water workout that will get your heart pumping as you tone, burn calories, and have fun. 60 mins

BootCamp Splash: Stations are set up to provide intervals of cardio and strength moves. Class goes by fast and is a great workout

Tabata Splash: Based on the Tabata concept of short burst of high energy with recovery times producing a high caloric burn

BogaFit: Fitness class performed on floating FitMats combining core movements from yoga & boot camp type workouts. Minimum of 3 participants required to hold class. Sign-up cut-off is 2 hours prior to class start time.

Group Exercise

Athletic Step: Training on and off the step with upper and lower body weight training. 60 mins

TRX-IGNITE: A cardio & strength circuit style format using spin bikes, dumbbells, wall balls, kettle bells, resistance bands, and TRX suspension systems. It's a total body resistance training! 45 mins

Barre: Enhance your strength, flexibility, and balance with this highly effective and challenging ultimate core workout that provides results! No prior dance required. 60 mins

Cardio Jam! Enjoy this dance inspired cardio and toning workout that uses the latest dance moves and easy to follow routines. It might just be your new favorite workout! 60 mins

CSI: Cardio, Core, Strength, and Intensity—this class covers all the bases! The moves are done to bring out the athlete in you. 30 mins

Guns, Guts, & Glutes: This class targets these major muscle groups with ever-changing exercises and sequencing combined with cardio intervals. No choreography here. Options for all fitness levels! 30 mins on weekdays, 60 mins on Saturday

Warrior Workout: Mondays at 5:45pm with Mimi Walters. Warrior Workout incorporates cardio work, weights, and legs in a powerful 45-minute workout. Find your inner warrior!

Play Ball: 30 packed minutes of intense ball work. 30 mins

HIT The Barre: Barre work plus weighted body bars, balls, and other equipment. 60 mins

Morning Shred: Build muscle & burn fat with this PHA inspired weight & cardio burst workout!

Wednesday Shake-Up: Tune in each week to see which fun workout we'll be hosting. Classes rotate between: Old Fashion Aerobics, Barre, Cardio Jam!, Play Ball, and Strength & Weight Training

Body Shock: Body shock is a 45 minute, whole body, high intensity interval workout that incorporates a variety of types exercise & each workout is different. Each workout includes cardio intervals, weight training, Birt plate training, core work, & body weight training. A variety of exercises are used to keep it fun & challenging, & prevent your body from adapting to a certain routine. This is the best way to burn fat & calories while building, shaping, & maintaining muscle. Body Shock is designed so that no matter your fitness level, you can get a good workout & work towards improving your overall fitness.

Young at Heart

Balance: Stretching, toning, and balance work. 30 mins

CABS: A total fitness workout combining chair exercise, aerobics, balance, and strength. 60 mins

Cardio & Weights: Low impact aerobics along with strength training using small hand weights. Easy to follow moves! 60 mins

Yoga: Poses are held a lot longer for strength and balance. A chair is available to assist with balance and modifications. 60 mins