

LAND GROUP EXERCISE SCHEDULE

(SEE OTHER SIDE FOR CLASS DESCRIPTIONS)

***REGISTRATION IS REQUIRED**

Begins 9/3/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 8:50am POWER YOGA Danielle	5:15 - 6:15am *CYCLE Dawn W.	5:15 - 6:15am HIIT Darlene	5:15 - 6:15am *CYCLE Dawn W.	5:30 - 6:20am TRIPLE STRENGTH Jenn	8:15 - 9:10am *CYCLE Jenn	8:15 - 9:10am *CYCLE Andrea
9:00 - 9:50am SCULPT & HIIT Jenny D.	8:30 - 9:20am BODYPUMP Jenny D.	8:00 - 8:50am STRONG Kathy	8:00 - 8:50am POWER YOGA Danielle	8:00 - 8:50am CARDIO SCULPT Andrea	9:15 - 10:10am HIIT Darlene	9:30 - 10:20am PILATES Caroline
9:00 - 9:50am *CYCLE & SCULPT Kathy	9:00 - 9:50am *CYCLE Jenn	9:00 - 9:50am *CYCLE & SCULPT Kathy	9:00 - 9:50am BODYCOMBAT Cassie	9:00 - 9:50am *LES MILLS RPM Andrea	10:30 - 11:20am RESTORATIVE YOGA FLOW Deb	10:30 - 11:20am YOGA Caroline
10:00 - 10:50am PILATES Caroline	9:30 - 10:20am GROOVE Cassie	9:00 - 9:50am TABATA Cassie	10:00 - 10:50am YOGA FLOW & CORE Mary Jo	9:00 - 9:50am GROOVE Cassie		
10:00 - 10:25am CORE & MORE Kathy (Basketball Court)	10:30 - 11:20am MINDFUL YOGA Terri	10:00 - 10:50am STRETCH & STANDING BALANCE Alexandra	11:00 - 11:50am STRENGTH LITE Tracy H.	10:00 - 10:50am BODYPUMP Cassie		
10:30 - 10:55am STRETCH & BALANCE Kathy (Registration required)	11:30 - 12:20pm STRENGTH LITE Mary Jo	10:00 - 10:25am CORE & MORE Kathy (Basketball Court)	12:00 - 12:50pm GENTLE YOGA Caroline	11:00 - 11:50am YOGA FLOW Caroline		
11:00 - 11:50am STRONG Andrea	5:00 - 5:50pm *CYCLE Shawn	10:30 - 10:55am STRETCH & BALANCE Kathy (Registration required)	4:30 - 5:20pm PILATES Caroline	11:00 - 11:25am CORE & MORE Kathy (Basketball Court)		
12:00 - 12:50pm SEATED YOGA & STANDING BALANCE Deb	6:30 - 7:25pm ZUMBA Porcha	11:00 - 11:50am STEP & TRAIN Andrea	5:30 - 6:20pm SPORTS YOGA Caroline	11:30 - 11:55am STRETCH & BALANCE Kathy (Registration required)		
2:30 - 3:30pm YIN YOGA Jenny B.	7:30 - 8:20pm YOGA Al	12:00 - 12:50pm YOGA FLOW Caroline	6:30 - 7:25pm ZUMBA Porcha			
5:30 - 6:20pm SPORTS YOGA Caroline		8:30 - 9:25pm SOUND HEALING Jenny B.	7:30 - 8:20pm YOGA Al			
6:30 - 7:20pm PURE STRENGTH Jenn						
7:30 - 8:25pm STRETCH & RESTORE Terri						
8:35 - 9:30pm SOUND HEALING Jenny B.						

Facility Hours
Monday - Thursday
5am - 10pm
Friday
5am - 9pm
Saturday & Sunday

Classes include time for equipment setup and removal within each class. Please wipe all equipment before and after every use.

We appreciate you helping to keep our facility clean.

All participants must register to attend cycle classes. Registration opens the day prior to the class.

To Register stop by the Service Desk or call (630)938-9000.

Download the
DHFC Mobile App
for up to date class
schedules, special events,
and real time notifications.

Highlighted class indicate new program, time and/or instructor update

Athletic Cardio, Strength, and Blended Classes

BODYCOMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness.

BODYPUMP: A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.

CARDIO SCULPT: 50 minutes of cardiovascular training combined with resistance training for a balanced workout. All fitness levels are welcome. Class is held on the basketball court.

CORE & MORE: A 20 minute class designed to focus on the entire core.

H.I.I.T. (High Intensity Interval Training) : Cardio and strength interval training come together for an intense workout.

POWER HOUR: Power through your workout in this class designed to challenge your entire body in an inspiring group atmosphere.

PURE STRENGTH: Total body strength training using barbells and free weights for an ultimate workout.

SCUPLT & HIIT: Challenge yourself with this full body interval workout that includes bodyweight exercises along with strength and cardio training.

STRETCH & BALANCE: Exercise programming designed to help strengthen hand eye coordination, flexibility, mobility and balance.

STRENGTH LITE: Full body strength training designed with lighter weights.

STRONG: A full body training program designed to improve strength across multiple movement patterns in a fun group setting.

STEP&TRAIN:This class is a fun cardio class set to upbeat music using a step. Basic and progressive choreography taught to accommodate all fitness levels. This class will get your heart rate up and leave you feeling energized.

TABATA: Increase your aerobic and your anaerobic capacity in this high intensity strength and cardiovascular class.

TRIPLE STRENGTH: Cardio, Strength and Core work at its best. Join for an optimal workout.

Cycle Classes

CYCLE: Indoor cycling at its best for everyone looking for a great cardio workout. Bike fittings before class when time allows. Classes may be combined with core, stretch, and yoga as listed on the schedule. Classes are held in Studio 2.

CYCLE & SCUPLT: Improve your endurance and strength while combining spinning and strength training.

LES MILLS RPM™ : With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

Dance, Pilates and Barre Classes

GROOVE: A fun blend of Jazz, Latin and Hip-Hop for a great dance workout.

GROOVE LITE: A fun blend of Jazz, Latin and Hip-Hop with modified moves for a great dance workout.

PILATES: Improve strength, flexibility, and coordination concentrating on the body's core.

WERQ: Come have fun in this wildly addictive cardio dance workout based on the hottest pop and hip hop music.

ZUMBA™: Dance your way to a fitter you with a Latin dance inspired cardio workout. Ditch the Workout - Join the Party!

Yoga and Balance Classes

GENTLE YOGA: A more gentle yoga practice in an accessible environment

MINDFUL YOGA:A mindful practice while moving intentionally through yoga poses.

POWER YOGA: Explore your body's strength and flexibility through various poses as you move along in this active and energetic yoga class.

RESTORATIVE YOGA FLOW: Renew and restore the body using active and passive yoga poses. All levels welcome.

SOUND HEALING: Meditation using varying musical venues to help you experience a deeper meditation practice.

SEATED YOGA & BALANCE: A more gentle yoga practice that includes balance work.

SPORTS YOGA: Calling all athletes and weekend warriors alike! Take this time to stretch your muscles while enjoying emotive music in this yoga class designed for you.

STRETCH & RESTORE: Stretch & Restore allows a break at the end of your day to gently stretch your body while calming the mind. After stretching each class will conclude with a guided meditation. Wear comfortable clothing and bring a blanket or covering that will keep you warm & content during the restful meditation.

STRETCH & STANDING BALANCE: Class includes various seated stretches for your upper and lower body along with balance work.

YIN YOGA: a quiet contemplative practice targeting the deepest tissues of the body (our connective tissues) ligaments, joints, the deep fascia networks of the body, and the meridians. All levels welcome.

YOGA: Open to all levels of yoga practice. May take elements from various Yoga styles.

YOGA FLOW: Flowing movements & strong postures. All levels welcome.

YOGA FLOW & CORE: Faster paced flowing yoga and Pilates-based core class designed to promote strength, flexibility, and balance. Movement is music driven and interspersed with bursts of power to generate heat in the body. Modifications will be demonstrated, all levels welcome.