


Group Exercise Schedule April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Indoor Cycle & Strength 7-7:45 am <i>Sheri</i></p> <p>Yoga 8-8:50 am <i>Lili</i></p> <p>Stretch, Move & Tone 9-9:45 am <i>Arielle</i></p> <p>Zumba Gold Toning 10-10:50 am <i>Sheila</i></p> <p>Cardio Drumming 11-11:50 am <i>Holly</i></p>	<p>Indoor Cycling 7-7:45 am <i>Donna</i></p> <p>Pilates 8-8:50 am <i>Katharine</i></p> <p>Zumba Gold 9-9:50 am <i>Sheila</i></p> <p>Yoga 10-10:50 am <i>Elaine</i></p> <p>CORE & Cardio 11-11:50 am <i>Michele</i></p>	<p>Indoor Cycle & Strength 7-7:45 am <i>Sheri</i></p> <p>Yoga 8-8:50 am <i>Valentina</i></p> <p>Zumba Gold 9-9:50 am <i>Carol</i></p> <p>Tone UP 10-10:50 am <i>Holly</i></p> <p>6 pack Abs 11-11:20 am <i>Holly</i></p>	<p>Indoor Cycling 7-7:45 am <i>Donna</i></p> <p>Yoga 8-8:50 am <i>Lili</i></p> <p>Zumba Gold 9-9:50 am <i>Sheila</i></p> <p>Strength Circuit 10-10:50 am <i>Michele</i></p> <p>Pilates 11-11:50 am <i>Katharine</i></p>	<p>Indoor Cycle & Strength 7-7:45 am <i>Sheri</i></p> <p>Yoga 8-8:50 am <i>Katharine</i></p> <p>Zumba Gold Toning 9-9:50 am <i>Sheila</i></p> <p>BLT 10-10:55 am <i>Holly</i></p> <p>6 pack Abs 11-11:20 am <i>Holly</i></p>
<p>Cardio Circuit 5-5:50 pm <i>Michele</i></p> <p>Flow Yoga 6:00-6:50 pm <i>Michele</i></p>	<p>Yoga 4-4:50 pm <i>Lili</i></p> <p>Ultimate Fitness Circuit 5-5:50 pm <i>Holly</i></p> <p>Full Body Stretch & Flex 6-6:20 pm <i>Holly</i></p>	<p>Step & Strength 5-5:50 pm <i>Michele</i></p> <p>Flow Yoga 6:00-6:50 pm <i>Michele</i></p> <p>Zumba 7:00-7:55 pm <i>Jenna</i></p>	<p>Ultimate Fitness Circuit 5-5:50 pm <i>Holly</i></p>	<p>SATURDAY</p> <p>Beginner Cycling 8:00-8:45 am <i>Donna</i></p> <p>Gentle Yoga 9:30-10:30 am <i>Elaine</i></p>
<p>Tai Chi* Seated Set: 10-11:30 am Advanced: 1-2:30 pm Beginner: 7-8:30 pm Advanced: 7-8:30 pm</p>	<p>Tai Chi* Beginner: 2-3:30 pm</p>		<p>Tai Chi* Beginner: 2-3:30 pm</p>	

The Community Center will be closed on 4/6. *Tai Chi is not included in GEX combo. Schedule and class format subject to change.

Fees for the Group Exercise (GEX) classes are offered as a daily drop-in fee, or you can take advantage of the combo deal which allows you unlimited access to all GEX classes and the Fitness Center.

Per Class, Per Day: \$5/Rec Card; \$7/No Card. Per Month: \$30/Rec Card; \$45/No Card

GEX Class & Fitness Center Combo: \$20/month with Fitness Center Membership (\$18/month or \$180/year with a Rec Card)

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Class Descriptions

6-pack Abs: Structured 20-minute class designed to target all your core muscles. Side effects: looking fit and strong!

Beginner Cycle: Have you ever wanted to try a cycle class but were worried you wouldn't know what to do? Now's your chance to learn on proper set-up and technique while also getting a great workout. Geared toward novice cyclists but all are welcome. 1st timers please arrive at least 10 minutes early.

BLT: Tighten those glutes, strengthen those legs, and firm up those abs. This class consists of low impact exercises and resistance training to improve and lean out your muscles. Get that body bathing suit fit.

CORE & Cardio: 25 minutes of solid core exercises followed by 25 minutes of easy to follow energizing low impact cardio exercises. This class is great for all skill levels.

Cardio Drumming: Cardio Drumming is an upbeat, energetic full body workout for all ages. Get ready to sweat, make noise, and release your inner rock star. This rock out/work out will have you lost in the music and feeling stronger than ever.

Cardio Circuit: Easy to follow low impact, nonstop movement and resistance training to challenge and train every major muscle group. Suitable for all fitness levels.

Flow Yoga: A continuous slow flow of movement combining stretching and posturing in traditional asanas to improve the mind, body and breath connection. Increase body awareness, flexibility, strength and injury prevention. Go home feeling relaxed, pain free and content.

Gentle Yoga: This yoga class allows students to work from the foundation up highlighting detailed alignment for the body in order to accurately ease in and out of poses creating strength, balance, tone, and flexibility. From beginner to experienced students are welcome.

Indoor Cycle & Strength: Its as easy as riding a bike! This low impact class uses inspirational music to burn calories, strengthen your legs, core, and upper body (light weights), and ending with an active meditative cool down.

Indoor Cycling: This class will get your heart pumping while you burn some serious calories. Start pedaling today and let the music take you on an amazing ride along various terrains, speeds, and intensities. All levels are welcome. Remember to bring a towel and water bottle!

Pilates: Focusing on elongating of the muscles while also improving core strength, flexibility in the back and spine, balance in the body and postural control. All levels welcome!

Step & Strength: Improve your cardiovascular fitness with easy to follow movements. 25 minutes on a step, or on the floor, and another 25 minutes of compound strength exercises using dumbbells, balls, bands, and tubes.

Strength Circuit: 40 minutes of continuous movement incorporating dumbbells, resistance bands and bodyweight. exercises to strengthen all the major muscle groups including your heart. Class finishes with a much needed 10-minute yoga inspired stretch.

Stretch, Move & Tone: Deep stretching focused on lengthening and loosening tight muscles, improving circulation, relaxation, posture and increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

Stretch & Flex: Combines calm, controlled movements to improve flexibility, mobility, and range of motion.

Tone UP: Designed to increase motor skills, stability, strength, and balance. These various movements combine to sharpen your mind to body coordination.

Ultimate Fitness Circuit: Following a dynamic warm-up, you work at your own pace through two rounds of 12 stations that will challenge your agility, strength, coordination, balance, and cardio system. Each station consists of 1-minute of exercise followed by a 30-second recovery period. Class concludes with core exercises and a relaxing cool down.

Yoga: Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner-strength, and joints. This class is for everyone!

Zumba: A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of intermittent training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

Zumba Gold: This program is designed for participants with very little experience, individuals that have physical limitations, or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

Zumba Gold Toning: The Zumba® Gold-Toning program offers the exhilarating experience of a Zumba Fitness-Party with the benefits of safe and effective strength training. It's an easy-to-follow, health-boosting, dance-fitness program for baby boomers as well as beginners.

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