

2010 D&D Fitness Saturday Specialty Classes:

Held in upstairs cardio room, unless otherwise noted.

First Saturday of the Month: 0800-0900 "Total Exhaust": Exhaust yourself in the ultimate upper and lower body toning class made to make you sweat and work your body harder than ever by using the equipment of Body Bars, Gliders, Stability-balls., Resistance bands, and Free Weights,

Second Saturday of the Month: 0800-0900 'CORE Clinic' Learn to improve your INNER CORE by using several power-house strengthening techniques to prevent back pain and develop stability through-out the mid section.

Third Saturday of the Month: 0800-0900 Turbo Fest- join us in the ultimate blend of Turbo-Kick Rounds...cardiovascular challenge with specific warm-up, bouts of intense intervals, easy to follow combos, kickboxing using strength/endurance training and a Tai-Chi like cool down. No equipment needed. Kick-butt energy!

Fourth Saturday of the Month: 0800-0900 Zumba: A fusion of Latin and International Dance that creates a dynamic, exciting, and effective fitness and sculpting that is just like a party...Latin style! Ditch the Workout...Join the Party!

