



NOVEMBER 2018

FITNESS & AEROBIC SCHEDULE

MONDAY

5:00 - 6:00am	Morning Madness	MJ
6:00 - 7:00am	Morning Madness	MJ
9:00 - 10:00am	Morning Madness	Benita
10:30 - 11:15am	SilverSneakers	Carol
11:30 - 12:15pm	YogaStretch	Carol
6:00 - 7:00pm	Zumba Strong	Erica

TUESDAY

10:30 - 11:15am	SilverSneakers	Marge
5:30 - 6:30pm	Afternoon Madness	Chris
6:00 - 7:00pm	Yoga	Heidi

WEDNESDAY

5:00 - 6:00am	Morning Madness	Talia
6:00 - 7:00am	Morning Madness	Talia
9:00 - 10:00am	Morning Madness	Benita
10:30 - 11:15am	SilverSneakers	Carol
11:30 - 12:15pm	YogaStretch	Carol
6:00 - 7:00pm	Dance Fitness	Erica

THURSDAY

5:25 - 6:25pm	Zumba Strong	Erica
6:35 - 7:35pm	Pump Up the Volume	Carol

FRIDAY

5:00 - 6:00am	Morning Madness	Elton
6:00 - 7:00am	Morning Madness	Elton
8:30 - 9:30am	Yoga	Connie
9:00 - 10:00am	IM101	Elton
10:15 - 11:00am	YogaStretch	Carol
11:15 - 12:00pm	Zumba	Carol

SATURDAY

8:30 - 9:15am	Indoor Cycling	Ron
9:15 - 10:15am	Dance Fitness	Erica

Classes are sometimes changed or cancelled due to lack of participation. Be sure to follow us on Facebook for class change information and time updates.

facebook.com/doylecenter

CLASS DESCRIPTION ARE ON THE NEXT PAGE
VIEW OUR CURRENT CALENDAR AT WWW.DOYLECENTER.COM





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Morning Madness/Afternoon Madness

Start your morning off right! Different types of High Intensity Interval Training, Resistance Training, Functional Training, and Core work will be used to transform your body.

Indoor Cycling

This stationary bike exercise class is rooted in the principals, approach, and science of real outdoor cycling. The program is simple, non-intimidating, and user friendly for both beginners and more experienced riders. Classes fill up FAST...reservations can be made in advance at the Front Desk. Come check out what everyone is talking about!!!

Pump Up The Volume

Barbells, dumbbells, medicine balls and you! Call it strength training or call it toning... You'll define, tighten, and tone your entire body from front to back. This workout will deliver results!

Yoga

Yoga Flow, also called vinyasa yoga, combines flowing movement with rhythmic breathing for a dynamic mind-body workout. Gain strength, balance, power, and flexibility, all while burning calories and relieving stress.

Zumba/Zumba Strong

When was the last time your workout felt like a party?!! Zumba is a Latin-inspired dance/fitness class that combines fast & slow rhythms to tone & sculpt your body. Plus Zumba burns mega calories! You'll forget it's a workout as you move with the music and have fun from start to finish! So, ditch the routine and join the party! Zumba Strong: Train to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Dance Fitness

Dance yourself fit! Have fun while burning tons of calories moving to the beat.



LOOKING FOR SOME EXTRA ATTENTION? THE DOYLE OFFERS
PERSONAL TRAINING. DETAILS AT WWW.DOYLECENTER.COM



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FITNESS & AEROBIC SCHEDULE

Boxing

Boxers are among the fittest athletes. This class is designed to get you in shape by training like a boxer. Boxing requires strength, muscular endurance, aerobic and anaerobic fitness, and power. This circuit will include heavy bags, mitt work, high intensity intervals, and functional training to challenge (and change) your body. Boxing gloves are recommended. **30Box/30Lift** incorporates 30 minutes of boxing and 30 minutes of focused strength training.

Instructors: Chris McGee/Talia Yeoman

IM101

This class will focus on form and execution of basic strength moves. Initial focus will be on Squats, Planks, Push-ups, Static Holds, and Pull-up basics. Once benchmarks have been met, participants will be able to progress. The goal of this class is to promote safe and effective strength training in a group setting. Participants must be 16+ years of age. Beginners and experienced lifters are encouraged to participate.

Instructor: Elton Rains

SilverSneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated or standing support.

Instructors: Marge Perech/Carol Dustin

YogaStretch - by SilverSneakers

YogaStretch moves your whole body through a complete series of seated & standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity. Created by the SilverSneakers program, YogaStretch is modified to suit students of any age or flexibility level.

Instructor: Carol Dustin

COST & SIGNUP

All 1-Year Doyle memberships (excluding Track memberships) include the cost of our Fitness & Aerobic classes.

To sign up for Indoor Cycling you must be a member, have a punch card or prepay.

Punch Cards are non-transferable and expire 1 year from the purchase date.

Punch cards can be purchased at any time at the front desk or arrive before class to drop-in.

1 Drop-In Class: \$5 - 10 Class Punch Card: \$45