

### MONDAY

5:00 - 6:00am	Morning Madness	Elton
6:00 - 7:00am	Morning Madness	Elton
9:00 - 10:00am	Morning Madness	Benita
10:30 - 11:15am	SilverSneakers	Carol
11:30 - 12:15pm	YogaStretch	Carol
5:30 - 6:15pm	Indoor Cycling	Terra
6:30 - 7:30pm	Yoga	Connie

### TUESDAY

8:30 - 9:15am	IM101	Elton
10:30 - 11:15am	SilverSneakers	Marge
5:45 - 6:30pm	Afternoon Madness	Chris
6:05 - 7:05pm	Pump Up The Volume	Carol

### 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
5:30 - 6:15pm	Indoor Cycling	Ron
5:30 - 6:30pm	Beginner Yoga	Heidi
5:45 - 6:30pm	Boxing	Chris

### THURSDAY

5:15 - 6:15pm	Yoga	Heidi
6:20 - 7:20pm	Pump Up The Volume	Carol

### FRIDAY

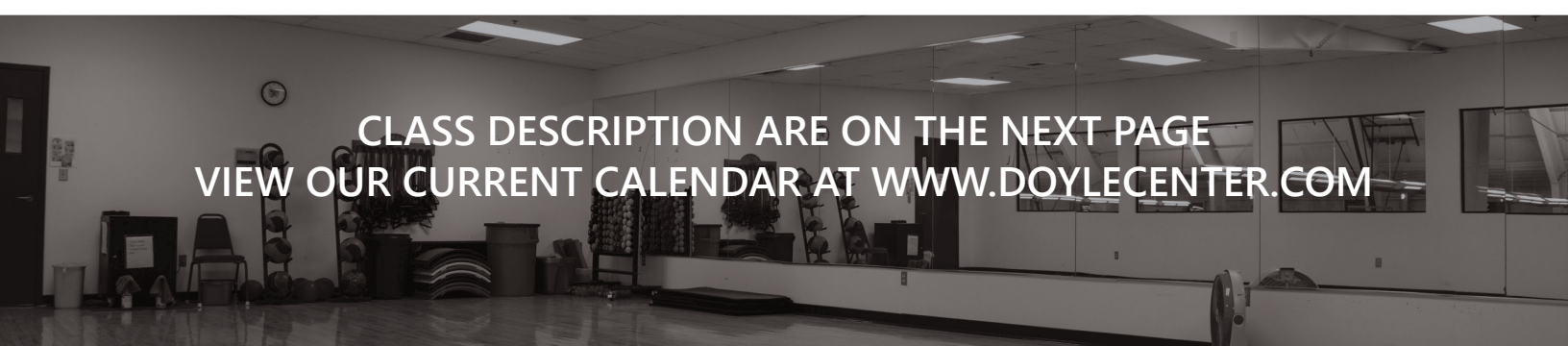
5:00 - 6:00am	Morning Madness	Chris
6:00 - 7:00am	Morning Madness	Chris
8:30 - 9:30am	Yoga	Connie
9:00 - 10:05am	30Box/30Lift	Talia
10:15 - 11:00am	YogaStretch	Carol
11:15 - 12:00pm	Zumba	Carol

### SATURDAY

8:30 - 9:15pm	Indoor Cycling	Ron
9:00 - 10:00am	Beginner Yoga	Heidi

*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](https://facebook.com/doylecenter)



CLASS DESCRIPTION ARE ON THE NEXT PAGE  
VIEW OUR CURRENT CALENDAR AT [WWW.DOYLECENTER.COM](http://WWW.DOYLECENTER.COM)



# APRIL 2018

## FITNESS & AEROBIC SCHEDULE

### **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.

*Instructors: Talia Yeoman/Chris McGee/Elton Rains*

### **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!!!

*Instructors: Ron Abbs/Terra Draper*

### **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!

*Instructors: Carol Dustin*

### **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

*Instructors: Connie Leighton*

### **Beginner Yoga**

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. Beginner Yoga utilizes basic poses and moves at a slower pace.

*Instructors: Heidi Musolff*

### **Zumba**

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!

*Instructors: Carol Dustin*



LOOKING FOR SOME EXTRA ATTENTION? THE DOYLE OFFERS  
PERSONAL TRAINING. DETAILS AT [WWW.DOYLECENTER.COM](http://WWW.DOYLECENTER.COM)

## 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**