

DHF February 2020 Schedule

West Columbia



MON

TUES

WED

THURS

FRI

SUN

MORNING

5:30a	Boot Camp Kyle	Tread-Fit Diane	Body Sculpt Diane	Tread-Fit Diane	Boot Camp Kyle
6:00a		Spin Phyllis		Spin Phyllis	
8:15a		Yoga Kate	Mobility Kyle		Yoga Kate
9:15a		Tread-Fit Diane	Barre Deborah	Tread-Fit Diane	Tread-Fit Diane

AFTERNOON

5:30p	Step Linda		LES MILLS BODY PUMP Jade	LES MILLS BODY ATTACK Linda	2:00p Yoga Kate
6:00p	Spin Jessica			Spin Jessica	
6:30p		Barre Diane	ZUMBA Courtney		



Dynamic Group Fitness Class Descriptions



West Columbia

Les Mills BODYPUMP

is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

Dynamic Barre

The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements. You will be challenged with light hand weights to tone your arms and shoulders. Bring a mat to burn and tone your core as well as stretch your muscles at the end of class. You will be shocked at the shake you will feel in all your muscles while doing such small movements!

Step

Step your way to a toned body in this amazingly fun group class! Moves always start off basic so beginners can feel comfortable, with later options added to keep the more advanced enthusiast engaged. You do not have to be as coordinated as you think to be successful! Short spurts of light weight lifting, and abdominal exercises are often added for extra conditioning.

Dynamic Mobility

Dynamic Mobility is designed with one thing in mind: creating stronger, healthier movement by training our weakest links, our core and joint strength! Planks, crawls, kettlebells, dumbbells, and your own bodyweight are just the beginning for training your body to do things you would not believe it could do! Any and all fitness levels are welcome to join, but be warned: without challenge, there is no change!"

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba®Fitness classes are often called exercise in disguise.

Yoga

Vinyasa yoga - the flow of yoga because of the smooth way that the poses run together and is one of the most popular contemporary styles of yoga. Each move is synchronized to the breath. Vinyasa allows for a variety and always includes the sun salutations. You can move from beginner poses or to advanced poses.

Dynamic Tread-Fit

Tread-Fit is a cardio vascular interval training class for all fitness levels whether you are a runner or a walker this treadmill class will use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.

Les Mills Body Attack

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

Dynamic Boot Camp

A resistance-training style open to all fitness levels, Barbell Bootcamp emphasizes full body exercise with a primary focus on barbell compound movements: squats, deadlifts, rows, presses, etc. In addition, various dumbbell exercises, as well as mobility drills, are incorporated to complement the barbell lifts to ensure you get the maximum level of training with a limited amount of time!

Spin

A spin class is a great way to mix-up your routine and challenge your body in a different way! You'll get a good sweat going with the high energy vibe and invigorating music.