

Land Schedule

Current as of

March 1, 2008

770-280-1210 www.dbc.org/fitness



"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" Isaiah 40:31, NIV

ANNOUNCEMENTS

The Facility will be closed on March 21, 2008
There will be NO CLASSES March 22, 2008

Mondays

TIME	CLASS	INSTRUCTOR	LOCATION
6:15-7:15AM	Indoor Cycling	Davina	**Sports Ctr.
6:45-7:45AM	Boot Camp	Bob F.	Aerobics Rm.
8:00-9:00AM	Hi/Lo Impact	Maureen	Aerobics Rm.
9:05-10:05AM	Bosu/Ball/Band	Betty T.	Aerobics Rm.
9:30 – 10:30AM	Yoga/Pilates Combo	Gina P.	**K-2 Room
10:15-11:10AM	Lo Impact	Lisa B.	Aerobics Rm.
11:15-12:15PM	Tai Chi	David D.	Aerobics Rm.
5:15-6:10PM	Anything Goes	Karen D.	Aerobics Rm.
6:15-7:10PM	Body Sculpt	Leslie	Aerobics Rm.
7:15-8:30PM	Yoga	Gina P.	Aerobics Rm.

Tuesdays

6:30-7:45AM	Body Sculpt	Gina P.	Aerobics Rm.
8:00-9:00AM	Body Sculpt	Dana M.	Aerobics Rm.
9:05-10:05AM	Indoor Cycling	Kerry W.	**Sports Ctr.
9:05-10:10AM	*ZUMBA!!	Melody	Aerobics Rm.
10:15-11:15AM	Body Sculpt	Lisa B.	Aerobics Rm.
10:20-11:35AM	Beginning Yoga	Gina T.	**Sports Ctr.
11:30-12:15PM	Movin' Right Along I	Llisa J.	Aerobics Rm.
2:00-3:00PM	Movin' Right Along II	Karen G.	Aerobics Rm.
*5:00-5:55PM	Anything Goes	Betty T.	Aerobics Rm.
6:00-7:00PM	Pilates	Elena M.	Aerobics Rm.
6:15-7:15PM	Indoor Cycling	TBA	Aerobics Rm.

Wednesdays

6:15-7:15AM	Indoor Cycling	Davina	**Sports Ctr.
6:15-7:15AM	Step	Leslie	Aerobics Rm.
8:00-9:00AM	Lo Impact	Beth	Aerobics Rm.
9:05-10:05AM	Posture Perfect	Lisa B.	Aerobics Rm.
9:05-10:05AM	Power Yoga	Gina T.	**Sports Ctr.
10:15-11:15AM	Lo Impact	Lisa B.	Aerobics Rm.
11:15-12:15PM	Tai Chi	Sam E.	Aerobics Rm.
12:30 -1:15PM	Quickie Pilates	Karen G.	Aerobics Rm.
*5:15-6:15PM	Anything Goes	Sara C.	Aerobics Rm.
*6:15 – 7:10PM	Body Sculpt	Davina P.	Aerobics Rm.
*7:15-8:30PM	Yoga	Natalie	Aerobics Rm.

Thursdays

6:30-7:45AM	Body Sculpt	Gina P.	Aerobics Rm.
8:00-9:00AM	Body Sculpt	Dana M.	Aerobics Rm.
9:05-10:05AM	Step & More	Dana M.	Aerobics Rm.
**9:05-10:05AM	Pilates	Florrie	**K-2 Room
9:05-10:05AM	Indoor Cycling	Maureen M.	**Sport Ctr.
10:15-11:15AM	Body Sculpt	Sara C.	Aerobics Rm.
10:20-11:35AM	Intermediate Yoga	Gina T.	**Sports Ctr.
11:30-12:15PM	Movin' Right Along I	Llisa J.	Aerobics Rm.
2:00-3:00PM	Senior Yoga	Karen G.	Aerobics Rm.
5:00-6:00PM	Anything Goes	Karen D.	Aerobics Rm.
6:00-7:00PM	Pilates	Karen D.	Aerobics Rm.
6:30-7:30PM	Indoor Cycling	Lisa B.	**Sports Ctr.

Fridays

6:45-7:45AM	Step	Dana M.	Aerobics Rm.
8:00-9:00AM	Hi/Lo	Kim A.	Aerobics Rm.
9:05-10:05AM	Power Sculpt	Teri M.	Aerobics Rm.
9:30-10:30AM	Yoga/Pilates Combo	Melody	**Sports Ctr.
10:15-11:15AM	Posture Perfect	Lisa B.	Aerobics Rm.
11:15-12:15PM	Tai Chi	David D.	Aerobics Rm.
2:00-3:00PM	Movin' Right Along II	Karen G.	Aerobics Rm.

Saturdays

8:30-9:30AM	Lo Impact	Beth S.	Aerobics Rm.
8:30-9:30AM	Indoor Cycling	Rotates	**Sports Ctr.
9:30-10:45AM	Intermediate Yoga	Jerry/Gina P.	Aerobics Rm.
11:00-11:45AM	Zumba!	Rotates	Aerobics Rm.

A list of class descriptions is also available at the Front Desk, and is posted outside the group fitness room.

Due to the popularity of Indoor Cycling classes, we are now asking that you reserve a bike for your class, no more than one day prior to that class (you can sign up for Monday classes on Saturday). You can sign up in person or by phone. Please be sure to give us a call if you need to cancel, and be on time for class---your reservation is forfeited if you are not on your bike by 5 minutes after class start time.

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