

# Fitness Classes



## Aqua-Workout:

Equipment such as water noodles, barbells, and aqua-gloves are incorporated to increase balance and strength. One does not need to know how to swim to participate. Water shoes are recommended. **Class must have a minimum of 8 registered participants.**

## Aqua Zumba®:

Latin music, Latin moves, and lots of fun. Anyone can participate in this class just be ready to shake, laugh, and work hard! Water shoes are recommended. **Class must have a minimum of 8 registered participants.**

## Body Sculpt:

Utilizing equipment such as stability balls, dumbbells, bands, etc., class activities will focus on a variety of exercises for multiple muscle groups including a special emphasis on Abs. **Class must have a minimum of 8 registered participants.**

## Boot Camp:

This program is specifically designed to improve one's overall health and fitness, and will be held in Pioneer Gym. Using mainly body weight as a tool this moderate to high intensity workout will build muscle, increase endurance, and improve flexibility.

**Class must have a minimum of 8 registered participants.**

## Core Crunch:

A 30 minute workout that tone core muscles, improves balance and posture. **Class must have a minimum of 6 registered participants.**

## Deep Water Exercise:

Class is held entirely in the deep end of the pool, providing a very high intensity, low impact workout. Buoyancy belts are available, but a comfort level with deep water is recommended. **Class must have a minimum of 6 registered participants.**

## Fitness Workout:

Focus is on strength and flexibility. Participants will use equipment such as weights, resistance bands, and stability balls in a safe friendly atmosphere—great for all fitness levels. **Class must have a minimum of 8 registered participants.**

## Friday Night Freestyle:

For swimmer's who want to improve their front crawl stroke while building endurance. Class is taught by certified swim instructor. **Class must have a minimum of 6 registered participants.**

## Interval Mix:

Try something new! Class will feature a variety of quick paced moves alternating with short recovery periods—lots of options given. All fitness levels welcome. **Class must have a minimum of 8 registered participants.**

## Classical Pilates (Beginner/Intermediate)

Pilates exercise dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Pilates is a safe, effective and challenging workout for all ages and abilities. **Class must have a minimum of 8 registered participants.**

## Step Aerobics:

Have fun with great music and basic step moves that will get you moving. All fitness levels welcome. **Class must have a minimum of 8 registered participants.**

## Yoga Fusion:

Sculpts and strengthens the entire body with a fusion of pilates and yoga. Dynamic workout will help you develop the grace of a dancer with the lean look of an athlete. **Class must have a minimum of 8 registered participants.**

## Zumba®:

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. **Class must have a minimum of 8 registered participants.**

See back side  
for class schedule.





## Fitness Class Schedule & Fees

Day	Time	Class	Fees	Session Dates												
Monday	6:30-7:15am	Pilates (no class 2/20)	Member: \$8.75 / Non-Member: \$19.25	Winter I: Jan. 9-Feb. 25, 2012												
	8:00-9:00am	Fitness Workout	Member: Free / Non-Member: \$21													
	8:30-9:30am	Aqua-Workout	Member: \$10.50 / Non-Member: \$21	Winter II: Feb. 27-Apr. 14, 2012												
	5:00-6:00pm	Interval Mix	Member: Free / Non-Member: \$21.00													
	6:00-7:00pm	Aqua-Workout	Member: \$10.50 / Non-Member: \$21													
				<b>Drop In Fees</b>												
				<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">30 min.</td> <td style="text-align: center;">45 min.</td> <td style="text-align: center;">60 min.</td> </tr> <tr> <td>Member:</td> <td style="text-align: center;">Free</td> <td style="text-align: center;">\$2.00</td> <td style="text-align: center;">\$2.50</td> </tr> <tr> <td>Non-Member:</td> <td style="text-align: center;">\$3.00</td> <td style="text-align: center;">\$4.00</td> <td style="text-align: center;">\$5.00</td> </tr> </table>		30 min.	45 min.	60 min.	Member:	Free	\$2.00	\$2.50	Non-Member:	\$3.00	\$4.00	\$5.00
	30 min.	45 min.	60 min.													
Member:	Free	\$2.00	\$2.50													
Non-Member:	\$3.00	\$4.00	\$5.00													
Tuesday	6:30-7:15am	Boot Camp	Member: \$8.75 / Non-Member: \$19.25	<p><b>Please note a 10 visit pass cannot be used to attend group classes.</b></p> <p><b>To receive the member rate, participants must have a membership that is current till the end of the class session. If the membership will expire during the class session it must be renewed at the time of registration.</b></p>												
	8:30-9:30am	Deep Water Exercise	Member: \$10.50 / Non-Member: \$21													
	4:15-5:15pm	Aqua-Workout	Member: \$10.50 / Non-Member: \$21													
	6:00-7:00pm	Zumba (no class 2/21)	Member: \$10.50 / Non-Member: \$21													
Wednesday	8:00-9:00am	Fitness Workout	Member: Free / Non-Member: \$21	<p><b>You may register on line at:</b>  <a href="https://fitnessreg.delta.edu">https://fitnessreg.delta.edu</a>  <b>or at the Fitness Center Service Desk.</b></p>												
	8:30-9:30am	Aqua-Workout	Member: \$10.50 / Non-Member: \$21													
	5:00-5:30pm	Core Crunch (no class 4/4)	Member: Free / Non-Member: \$10.50													
	5:30-6:30pm	Yoga Fusion (no class 4/4)	Member: \$10.50 / Non-Member: \$21													
	6:00-7:00pm	Aqua-Workout	Member: \$10.50 / Non-Member: \$21													
Thursday	6:30-7:15am	Boot Camp	Member: \$8.75 / Non-Member: \$19.25	<p><b>Delta College Board of Trustees</b></p> <p><b>Bay County</b></p> <p>Kim A. Higgs            Jack R. MacKenzie            Edith (Dee Dee) Wacksman</p> <p><b>Midland County</b></p> <p>Dr. Kathleen S. Ellison            Kimberly R. Houston-Philpot            Robert B. Stafford, '83, Vice Chair</p> <p><b>Saginaw County</b></p> <p>Dr. Robert L. Emrich, Chair            Karen L. Lawrence-Webster            R. Earl Selby</p> <p><b>President</b></p> <p>Dr. Jean Goodnow</p>												
	8:30-9:30am	Deep Water Exercise	Member: \$10.50 / Non-Member: \$21													
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	5:00-5:30pm	Step Aerobics	Member: Free / Non-Member: \$10.50													
	5:30-6:00pm	Body Sculpt	Member: Free / Non-Member: \$10.50													
	6:00-7:00pm	Zumba (no class 2/23)	Member: \$10.50 / Non-Member: \$21													
Friday	8:00-9:00am	Fitness Workout	Member: Free / Non-Member: \$21													
	8:30-9:30am	Aqua-Workout	Member: \$10.50 / Non-Member: \$21													
	6:00-7:00pm	Friday Night Freestyle	Member: \$10.50 / Non-Member: \$21													
Saturday	9:00-10:00am	Aqua-Zumba (no class 2/25)	Member: \$10.50 / Non-Member: \$21													

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