

DeSoto Recreation Center

Adult Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am	Spin		Spin	Spin	Spin	
5:30am-6:30am	Jay Joiner Fitness		Jay Joiner Fitness		Jay Joiner Fitness	
8:00am-9:30am						Spin
8:10am-9:15am						Cheryl's Aerobic Studio
9:00am-10:00am	Cardio Express	Cardio Express		Cardio Express	Cardio Express	
9:15am-10:15am						Zumba
10:00am-11:00am	Fit for Life (55+ Free)		Fit for Life (55+ Free)		Fit for Life (55+ Free)	
11:00am-12:00pm						Rhythmic Fitness
5:30pm-6:30pm			Yoga			
5:45pm-6:45pm	Cheryl's Aerobic Studio	Cheryl's Aerobic Studio		Cheryl's Aerobic Studio		
6:00pm-7:00pm		Rhythmic Fitness		Rhythmic Fitness		
6:30pm-8:00pm	DancerSIZE					
7:00pm-8:00pm	Zumba Mixed Fit	Line Dance (Tangee) Ballroom Latin Dancing	Jay Joiner Fitness Mixed Fit	Zumba		
7:30pm-8:30pm			Chicago Style Steppin'			
8:30pm-9:30pm	Line Dance (Sheila)					

Ballroom Latin Dancing

Learn advanced patterns and proper technique in a fun, easy going atmosphere so that you stand out on the dance floor.

\$15/class or \$45/month single rate or \$40/month couple rate

Cardio Express

Kick start your fitness in our cardio class. Raise your heart rate and your energy with extensive cardio fitness. Have fun will burning 500 to 1,000 calories.

\$7/class or \$35/month \$20 for 4 classes \$30 for 8 classes

Cheryl's Aerobic Studio

This is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. Every class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. For more information, call 214-507-0784.

\$10/class or \$40 per month (EFT only) for unlimited classes or \$88 for an 8 week session (unlimited classes)

Chicago Style Steppin' - EEB & Flow

Beginners will learn technique, the basic fundamentals including the Basic Step, all turns, lead and follow techniques, evolved around a six or eight-count beat. Intermediate/Advance students will learn lane control, partnering techniques, styling, footwork, trios, double/triple turns, basic step variations, etc. For more information, call the Tony Kyles at 214-229-1170 or email ynotk1967@yahoo.com.

\$5/class

DancerSIZE (Class meets 2nd and 4th Monday of each month)

Hip/Hop and R&B line dance fitness class that offers a fun, energetic workout. For more information please contact dancersize!@gmail.com.

\$5/class during February and starting March 13th \$10/class

Line Dance

Come mix and mingle with others showcasing what you have learned. Line dancing is not only a talent, but also a blessing as it increases your physical and mental abilities, energizes, unifies, increases, increase leadership skills, social networking, stress relief, and displays incredible spirit.

\$3/class

Mixed Fit

Mix Fit is a people inspired Dance Fitness Program that is a Mix of Explosive Dance & Bootcamp Toning. If you like to Dance, Sweat & Work Your Situation -- Come Get SWEAXI with me at the DeSoto Recreation Center.

\$7/class or \$40/month

Rhythmic Fitness

Rhythmic Fitness offers members the ability to obtain excellent cardiovascular conditioning from dance cardio. Most routines are designed with this purpose in mind. The combination of dance movement paired with exciting, heart-pumping rhythms is an effective cardio conditioning workout. So, if you feel the need to shake up your exercise routine, try adding some dance cardio with Rhythmic Fitness. Condition your heart, burn fat, tones muscles and improve your coordination all while you are dancing and enjoying yourself! All levels encouraged to participate.

\$7/class or \$40/month

Spin

Spinning is a high-energy indoor cycling class that simulates outdoor cycling along with music. All skills levels can participate for a great cardio workout.

\$7/class or \$35/month

Yoga

A modified Vinyasa Yoga class for the beginner and intermediate yogis. Lead by Fran Monroe NASM/AFAA certified personal trainer and group fitness instructor. Vinyasa yoga is a discipline that utilizes postures and breathing techniques. This form of yoga offers a range of health benefits to those who practice it, as it encompasses all areas of mind, body and spirit. All skills levels are welcomed.

\$7/class or \$25/month

Zumba

The **Zumba**® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

\$7/class or \$40/month

****Register for classes online or at the DeSoto Recreation****

www.online.activecommunities.com/desoto



DeSoto Parks & Recreation
Discover, Experience, Play!