

Adult Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAYTIME CLASSES						
8:00am-9:00am		Kickboxing				Fit City Cardio
8:30am-9:05am						
9:00am-10:00am	<u>Dream Fitness</u>	<u>Dream Fitness</u>	Dream Fitness	<u>Dream Fitness</u>	Dream Fitness	Zumba
11:00am-12:00pm		Urban Line Dance				
EVENING CLASSES						
5:00pm-6:00pm						
5:45pm-6:45pm	Cheryl's Aerobic Studio	Cheryl's Aerobic Studio		Cheryl's Aerobic Studio		
6:00pm-7:00pm	Zumba		Zumba	Zumba		
6:00pm-7:00pm						
6:00pm-8:00pm		Aikia Karate		Aikia Karate		
7:00pm-8:00pm		<u>Aikia Karate</u>	<u>Aikia Karate</u> Yoga			
7:00pm-8:00pm			Karate of Dallas	Kickboxing		
7:00pm-8:00pm	Re-Vamp Camp					
7:00pm-8:00pm	Zumba		Zumba			

Aikia Karate

This class will teach children ways to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combined styles of American Kenpo and American Tae Kwon Do are emphasized in this class. Master Lloyd Ploeger is the class instructor. For more information, call (972) 217-6363 **\$30/month**

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. Instructor Cheryl DeLoney [214-507-0784] **\$45/month | \$10/class**

Dream Fitness

This program is a challenging and dynamic whole body muscle conditioning exercise program. Exercises will be modified to accommodate all fitness levels. Be prepared to work your muscles and burn calories! Instructor Margarita Portillo [469-735-1393]
\$5/class | \$45/month

Kick Boxing

The class will teach self-defense and enhance the following: weight loss, conditioning and strength training. **For more information, call 214-949-2564. \$60/month or \$15/class**
\$15/class | \$60/month

Urban Line Dance

This is a line dance class for anyone who enjoys dancing and having fun. Introducing beginner and intermediate line dances for people who want to learn and move at the same time. Instructor Tangee Gamble-Moon [972-223-6193]
\$10/class | \$15/month

ReVamp Camp

If you are looking to LOSE 15-20 lbs. before summer try our innovated high functional training workout where you will burn off those problem areas Re-Start Fitness is offering Group Fitness camps that will REVAMP your journey to a better you. For more information call 214-938-3165 or email restartfitness08@gmail.com. **\$15/class | \$80/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. For more information call Gloria Scott [817-821-3309] **\$12/class - | \$80/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! Instructor Sheila Adams [214-697-9789]
\$7/class or \$40/month for weekdays only | \$50/month including Saturdays

All classes are subject to change. Minimum enrollment numbers are required for classes make.

****Register for classes online or at the DeSoto Recreation**** www.desototexas.gov/register

Mission Statement

The department's mission is to enrich the quality of life in DeSoto, provide World Class customer service, premier parks and dynamic recreational experiences.

Vision Statement

DeSoto Parks and Recreation is a vital component in the community that provides diverse services and opportunities. Our staff will be known for their commitment to professionalism and their ability to grow and change with the community.