

ADULT MORNING/AFTERNOON

Program Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am - 6:00am	Morning Total Body Experience (HIIT)					
5:00am – 11:00am	Senior Walk	Senior Walk	Senior Walk	Senior Walk	Senior Walk	
7:00am – 8:00am						Circuit Training Moderate Impact
8:00am – 9:00am						Total Body Experience (HIIT)
8:15am – 9:15am						Muscle Clique Boot Camp
9:00am – 10:00am	Dream Fitness	Dream Fitness	Dream Fitness	Dream Fitness	Dream Fitness	
9:00am – 10:00am						Xtreme Hip Hop
9:00am – 12:00pm	Pickleball	Tennis	Pickleball	Tennis	Pickleball	
10:00am - 11:00am						Zumba
10:30am - 11:00am	ZP Hour Glass	ZP Hour Glass	ZP Hour Glass	ZP Hour Glass		
11:00am - 12:00pm		Urban Line Dance (Level Up)				
11:00am – 1:00pm		Men's Day Basketball League				
11:30am - 12:00pm	ZP Pilates Corset Course					
12:00pm – 1:00pm		Urban Line Dance (Next Level)				
2:00pm – 2:30pm	ZP Flexibility	ZP Flexibility	ZP Flexibility			

Circuit Training (Low) \$8/class | \$100/month Circuit Training (Moderate) \$8/class | \$100/month

A form of body conditioning involving resistance and endurance training following stations in a circuit. Instructor Nori Wyatt [214-288-1426]

Dream Fitness \$5/class | \$45/month

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]

Men's Day Basketball \$100/team fee

Gather friends, family, and co-workers for some friendly competition in our adult basketball league. Must be 18 years or older and out of high school. Contact Tiffany Bizer-Mack [972-230-9655]

Muscle Clique \$30/month | \$8/class

This is a 60-minute group training class combining cardio, strength, agility and stretch moves for a total body workout. Instructor Jesse Jones [214-641-4661]

Pickleball Free

Open-play Pickleball is available from a beginner skill level to advanced. Bring a friend and give them a taste of all the fun of playing and socializing in Pickleball. Contact Alexis Green [972-230-9655]

Senior Walk Free

This is a social walking group for senior citizens. Join us on the walking track located upstairs in the recreation center. Bring a friend for FREE on Tuesdays and Thursdays. Contact Alexis Green [972-230-9655]

Tennis Free

Open play tennis is available from a beginner skill level to advanced. Bring a friend and give them a taste of all the fun playing and socializing in tennis. Contact Alexis Green [972-230-9655]

Total Body Experience (HIIT) \$8/class | \$100/month

A 60-minute, high energy group fitness class that challenges the mind. Weights, music and high cardio are a part of the High intensity Interval Training. Instructor Nori Wyatt [214-288-1426]

Urban Line Dance LEVEL UP: \$5/class | \$15/month NEXT LEVEL: \$7/class | \$20/month

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]

Xtreme Hip Hop \$10/class | \$50/month

Join our high energy cardio class with great music, step platforms and dance moves with routines set to old and new hip hop music. Instructor Shanell Parrish [501-681-6537]

Zen Pose (ZP) Drop-In classes ONLY (Call the number below to confirm the instructor)

Yoga, Pilates, Flexibility and relaxation utilizing postures and breathing techniques that benefit the body. For explanation of fees and more information about the classes, Instructor Monica Rayford [469-256-7951]

ADULT EVENING

Program Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm - 6:00pm	ZP Beginner Yoga	ZP Beginner Yoga	ZP Beginner Yoga	ZP Beginner Yoga		
5:45pm – 6:45pm	Cheryl's Studio	Cheryl's Studio		Cheryl's Studio		
6:00pm – 7:00pm		Aikia Karate		Aikia Karate		
6:30pm – 8:30pm		Fight Like A Girl: Self-Defense		Fight Like A Girl: Self-Defense		
7:00pm – 8:00pm		Aikia Karate		Aikia Karate		
7:00pm – 8:00pm	TRAP-O-LEAN					
7:00pm – 8:00pm		Evening Total Body Experience (HIIT)		Evening Total Body Experience (HIIT)		
7:00pm – 8:00pm		Xtreme Hip Hop		Xtreme Hip Hop		
7:00pm – 8:00pm	Zumba		Zumba	Zumba		
7:00pm – 8:00pm	Karate of Dallas		Karate of Dallas			

Aikia Karate \$30/month

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 Instructor Lloyd Ploeger [972-217-6363]

Cheryl's Aerobic Studio \$45/month | \$10/class

This is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. Instructor Cheryl DeLoney [214-507-0784]

Fight Like A Girl: Self-Defense \$50/week

Provide a set of skills, strategies, and techniques to women so they could successfully escape, resist, and survive violent attacks. Instructor Demetra Bradley [844-368-3300]

Karate of Dallas \$30/month

This class will teach youth Anti – Bullying, Self Defense, and Health and Fitness; In addition to Discipline, Honor, Loyalty, Integrity and Respect. Instructor Arthur Turner [940-395-0722]

Nip. Sip. Dip. \$30/per seat

A fun Friday night class for **Adults Only** Your artistry will further reveal itself as you snack on the included charcuterie board while enjoying your favorite BYO beverage served by your TABC certified art instructor. For individuals, friends and couples. Contact Fran Monroe [972-230-9650]

Total Body Experience (HIIT) \$8/class | \$100/month

A 60-minute, high energy group fitness class that challenges the mind. Weights, music and high cardio are a part of the High intensity Interval Training. Instructor Nori Wyatt [214-288-1426]

TRAP-O-LEAN \$15/class | \$40/month

High energy class using 40" round trampolines, weights and routines to different genres of music. It helps the lymphatic system while being easy on the joints. Instructor Nori Wyatt [214-288-1426]

Xtreme Hip Hop \$10/class | \$50/month

Join our high energy cardio class with great music, step platforms and dance moves with routines set to old and new hip hop music. Instructor Shanell Parrish [501-681-6537]

Zen Pose (ZP) \$10/Drop-In classes ONLY (Call the number below to confirm the instructor)

Yoga, Pilates, Flexibility and relaxation utilizing postures and breathing techniques that benefit the body. For explanation of fees and more information about the classes, contact Instructor Monica Rayford [469-256-7951]

Zumba \$7/class or \$40/month (Saturday is included)

Easy-to-follow moves in a fitness program! Long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning. Instructor Sheila Adams [214-697-9789]