



The City of Dayton  
Department of  
Recreation and Youth Services



HEALTHWAYS  
**SilverSneakers**  
FITNESS

#### SILVER SNEAKERS CLASSIC CLASSES

Seniors can increase strength and range of motion in this chair-based class. You can get a FREE Pass if you qualify for a Silver Sneakers Membership. Ask center staff to check for you.

#### Greater Dayton Recreation Center

M/W 9:00 am – 9:45 am

#### Lohrey Recreation Center

\*Starts July 28th

T/TH 10:45 am – 11:30 am

#### Nothwest Recreation Center

\*Starts July 28th

T/TH 10:15 am – 11:00 am

#### SILVER SNEAKERS BOOM

A higher intensity dance workout class that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Don't worry about getting every step perfect, just have fun and improve your cardio endurance and strength. Tone your muscles and build overall strength. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

#### Lohrey Recreation Center

TH 5:15 pm – 6:00 pm

#### SILVER SNEAKERS CIRCUIT

Offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels.

The SilverSneakers Circuit workout offers standing, low-impact aerobic choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

#### Lohrey Recreation Center

\*Starts July 31st

F 10:45 am – 11:30 am

# 2020 Summer SCHEDULE

June 15, 2020 — August 22, 2020

## NEW HOURS OF OPERATION

MON-FRI 8:00 am - 8:00 pm  
*SENIORS ONLY 8:00 am - 10:00 am*

937.333.8400

## FITNESS ROOMS

\*MUST REGISTER FOR TIME FOR FITNESS ROOM

Our Fitness Rooms contain cardiovascular and strength training equipment, including treadmills, ellipticals, stationary bicycles, along with a variety of machines to strengthen and tone your body.

The center staff will take you through an orientation session prior to using the exercise equipment, including policies, procedures, fees, hours of operation and how to use the equipment properly. The Fitness Rooms are utilized by paying a daily drop-in fee or using your Annual or Monthly Pass.

## NEW COVID-19 CENTER RULES

- Masks are required throughout open areas in the buildings, but not required in fitness room, pool, or during classes
- Must reserve times for the pool and fitness room
- Must practice social distancing at all times
- Do not come to the centers if you are not feeling well

## JIM NICHOLS TENNIS CENTER

MON-FRI 9:00 am -2:00 pm  
4:00 pm-9:00 pm

Reservations are strongly encouraged  
Please call 937-333-3085 to make court reservations

PLEASE REMEMBER TO RINSE OFF BEFORE ENTERING POOLS AT OUR RINSE STATION.

BRING AS LITTLE AS POSSIBLE WITH YOU. LOCKERS WILL NOT BE AVAILABLE.

# 2020 Summer

## POOL SCHEDULE

June 29, 2020 — August 22, 2020

NO GENERAL ADMISSION SWIM

PREREGISTRATION FOR POOL TIME REQUIRED

### LOHREY RECREATION CENTER BELMONT POOL

2366 Glenarm Ave • 937-333-3131

MAXIMUM OCCUPANCY FOR POOL: 15

MONDAY	
8:00am - 8:45am	Lap/Walk/Jog
9:00am - 9:45am	Aqua Fitness
10:00am - 10:45am	Lap/Walk/Jog
12:00pm - 12:45pm	Lap/Walk/Jog
1:00pm - 1:45pm	Lap/Walk/Jog
2:00pm - 2:45pm	Lap/Walk/Jog

WEDNESDAY/FRIDAY	
8:00am - 8:45am	Lap/Walk/Jog
9:00am - 9:45am	Aqua Fitness
10:00am - 10:45am	Lap/Walk/Jog
1:00pm - 1:45pm	Lap/Walk/Jog
2:00pm - 2:45pm	Lap/Walk/Jog
3:00pm - 3:45pm	Lap/Walk/Jog
5:00pm - 5:45pm	Lap/Walk/Jog
6:00pm - 6:45pm (WED)	Aqua Zumba
6:00pm - 6:45pm (FRI)	Lap/Walk/Jog
7:00pm - 7:45pm	Lap/Walk/Jog

### NEW COVID-19 POOL RULES

- GENERAL ADMISSION SWIM IS NOT AVAILABLE.
- Pre-registration is required for time periods/activities to begin at the top of the hour – registration will open 24 hours ahead of each swim period
- Patrons are encouraged to wear their swimsuits to the Rec Center – they will be directed to the pool deck at the beginning of their swim period – bypassing the locker rooms
- Showers will not be available. Patrons may change into dry clothing in the locker rooms following their swim.
- Patrons are to maintain minimum 6 feet of distance between each other
- Chairs and tables will not be available, however, patrons are allowed to bring their own towels to spread should they desire
- Rinse stations will be available for patrons to rinse with water before and after swimming
- Staff will clean and sanitize frequently throughout the day and between each swim period

### NORTHWEST RECREATION CENTER DABNEY POOL

1600 Princeton Dr • 937-333-3322

MAXIMUM OCCUPANCY FOR POOL: 20

MONDAY	
8:00am - 8:45am	Lap/Walk/Jog
9:00am - 9:45am	Aqua Fitness
10:00am - 10:45am	Lap/Walk/Jog
12:00pm - 12:45pm	Lap/Walk/Jog
1:00pm - 1:45pm	Lap/Walk/Jog
2:00pm - 2:45pm	Lap/Walk/Jog

TUESDAY/THURSDAY	
8:00am - 8:45am	Lap/Walk/Jog
9:00am - 9:45am	Aqua Fitness
10:00am - 10:45am	Lap/Walk/Jog
1:00pm - 1:45pm	Lap/Walk/Jog
2:00pm - 2:45pm	Lap/Walk/Jog
3:00pm - 3:45pm	Lap/Walk/Jog
5:00pm - 5:45pm	Lap/Walk/Jog
6:00pm - 6:45pm	Hydrocycling
7:00pm - 7:45pm	Lap/Walk/Jog

### GREATER DAYTON RECREATION CENTER FAMILY AQUATICS CENTER

2021 W Third St • 937-333-4732

THE POOL AT GDRC WILL REMAIN CLOSED UNTIL FURTHER NOTICE DUE TO SOCIAL DISTANCING REQUIREMENTS

PLEASE REMEMBER TO WIPE DOWN ALL EQUIPMENT BEFORE AND AFTER USE.

SOME EQUIPMENT MAY BE OUT OF USE TO HELP ACCOMMODATE SOCIAL DISTANCING.

# 2020 Summer FITNESS SCHEDULE

June 15, 2020 — August 22, 2020

## GREATER DAYTON RECREATION CENTER

2021 West Third • 937-333-4REC (4732)

### STEP 1

This class is for those just starting a cardio routine while focusing on raising the heart rate using aerobic steps. Participants will incorporate a variety of upper and lower body movement and dance for a fun workout.

M/W 6:00 pm – 7:00 pm

### PILOXING

Piloxing is an exciting program that combines Pilates and Boxing moves into a calorie-blasting, muscle-toning, core-strengthening work out. This class will make you sleek, sexy and powerful.

T/TH 6:00 pm – 7:00 pm

## LOHREY RECREATION CENTER

2366 Glenarm Ave • 937-333-3131

### ZUMBA

Sure you can! Zumba is still one of the most popular workouts to give you a total body workout. It is a mixture of body sculpting movements with easy to follow dance steps—all set to Latin and international music. In this class you will use fitness principles like interval training and resistance training to maximize caloric burn and total body toning.

M/W 6:00 pm – 7:00 pm

### CHAIR YOGA

This class is designed for people who prefer not to practice on the floor, including people who use wheelchairs. The class includes adaptive yoga postures and “Let Your Yoga Dance for Special Populations®” for cardiovascular fitness. The goal is to improve flexibility, balance, core strength and stress management via yoga postures & dance, breath awareness and meditation to improve overall health, vitality and joy.

*\*Starting July 27th*

M/W 10:45 am – 11:30 am

### PILATES

Pilates works for everyone, whether you are an athlete or work in the office. Get stronger, longer and leaner in this class.

M/W 7:00 pm – 7:45 pm

### SWERK

SWERK is the newest and hottest dance fitness craze available. Our upbeat routines are paired with the hottest pop and hip hop songs to make you sweat, work, and twerk your way to weight loss and toned bodies!

T/TH 6:15 pm – 7:15 pm

## NORTHWEST RECREATION CENTER

1600 Princeton Dr • 937-333-3322

### STEP 1

This class is for those just starting a cardio routine to burn calories and fat. Focusing on raising the heart rate using aerobic steps, participants will incorporate a variety of upper and lower body movement and dance for a fun workout.

M/W 6:15 pm – 7:15 pm

### TRX SUSPENSION TRAINING

This class doesn't require any weights! All you need is your own body weight and gravity. You won't find a better workout anywhere else. Class size is limited to only 10 people so come early and claim your spot!

FRI 6:00 pm – 7:00 pm

### HIP HOP PUMP

Pump up your arms, abs, glutes and legs to a Hip Hop beat in this high energy exercise class.

T/TH 6:30 pm – 7:30 pm

### OPEN YOGA

This class is intended for ALL abilities. Participants can use a chair, a wheelchair, or a padded mat on the floor. The intensity of the class will be adapted to the abilities of the people who attend. The class includes adaptive yoga postures and “Let Your Yoga Dance® and/or Let Your Yoga Dance® for Special Populations” for cardiovascular fitness. The goal is to move with one's strengths to improve flexibility, balance, core strength, and stress management via yoga postures & dance, breath awareness and meditation to enhance overall health, vitality and joy.

T 6:00 pm – 6:45 pm

### BEGINNER/OPEN YOGA

This class is intended for all abilities and levels of experience, including students who prefer a chair practice as well as those who prefer floor work. Adaptations and modifications will be demonstrated so students can develop and explore their personal skills. The intensity of the practice will be adapted to the abilities of the students who attend. Emphasis will be on postures and positions that enhance mindful breathing techniques, flexibility, balance and some core/extremities strength.

*\*Starting July 27th*

F 9:30 am – 10:15 am