



The City of Dayton
Department of
Recreation and Youth Services



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

T/TH 10:45 am – 11:30 am

Northwest Recreation Center

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

F 10:45 am – 11:30 am

2020 *Fall* SCHEDULE

August 31, 2020 — November 21, 2020

NEW HOURS OF OPERATION

MON-FRI 8:00 am - 8:00 pm

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 *Fall*

POOL SCHEDULE

August 31, 2020 — November 21, 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
11:00am - 11:45pm	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
11:00pm - 11:45pm	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
- 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
11:00pm - 11:45pm	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
11:00pm - 11:45pm	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 *Fall* FITNESS SCHEDULE

August 31, 2020 — November 21, 2020

GREATER DAYTON RECREATION CENTER 2021 West Third • 937-333-4REC (4732)

THERE ARE CURRENTLY NO FITNESS CLASSES AT
GDRC UNTIL FURTHER NOTICE. THANK YOU FOR
YOUR UNDERSTANDING.

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.

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 I

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

