

March

DAC GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type
6:00a	Cycle	Cyc ☞	5:15a	Master Swim	LP 💧	6:00a	Cycle	Cyc ☞	5:15a	Master Swim	LP 💧	6:00a	Cycle Circuit	St. 1 X	8:00a	Step	St. 1 X
6:00a	Group Power	St. 1 X	6:00a	Boot Camp	St. 1 X	6:00a	Group Power	St. 1 X	6:00a	Boot Camp	St. 1 X	6:30a	Hatha Yoga	St. 1 ♥	8:00a	Master Swim	LP 💧
7:55a	Beg. Yoga	St. 2 ♥	6:15a	Hydrofit	FP 💧 e ³	6:15a	Aqua Pilates	FP 💧	6:15a	Hydrofit	FP 💧 e ³	8:30a	Water Works	FP 💧 e ³	9:00a	Hatha Yoga	St. 2 ♥
8:30a	Water Works	FP 💧 e ³	7:30a	Tai Chi	St. 1 ♥ e ³	6:30a	Hatha Yoga	St. 2 ♥	7:30a	Tai Chi	St. 1 ♥ e ³	9:00a	Keiser 1	CA X	9:15a	Cycle	Cyc ☞
9:00a	Keiser	CA X	9:00a	Inter. Dance	St. 1 X	8:30a	Water Works	FP 💧 e ³	9:00a	Hatha Yoga	St. 2 ♥	9:15a	Group Power	St. 1 X	9:15a	Group Power	St. 1 X
9:15a	Group Power	St. 1 X	9:00a	Cycle	Cyc ☞	9:00a	Keiser 1	CA X	9:00a	Inter. Dance	St. 1 X	9:15a	Yoga	St. 2 ♥ e ³	10:00a	P&T Swim	FP 💧
10:20a	Yoga Plus	St. 1 ♥ e ³	9:15a	Yoga	St. 2 ♥ e ³	9:00a	Beg. Yoga	St. 2 ♥ e ³	9:00a	Cycle	Cyc ☞	10:20a	Cycle Express	Cyc ☞	10:20a	Cycle Express	Cyc ☞
10:20a	Cycle Express	Cyc ☞	10:30a	Pilates Mat II	St. 1 ♥ e ³	9:15a	Group Power	St. 1 X	10:40a	Group Active	St. 1 X e ³	10:30a	Pilates Mat II	St. 1 ♥	10:30a	Hatha Yoga	St. 1 ♥
11:00a	Aqua Therex	FP 💧 e ³	11:00a	Aqua Arthritis	FP 💧 e ³	9:15a	Cycle	Cyc ☞	11:00a	Aqua Arthritis	FP 💧 e ³	12:00p	Noon Swim	LP 💧	Sunday Time Class Rm Type		
12:00p	Noon Swim	LP 💧	12:00p	Sculpt & Car.	St. 1 X	10:20a	Cycle Express	Cyc ☞	12:00p	Step	St. 1 X	12:00p	DAC Nooners	St. 1 X			
12:00p	DAC Nooners	St. 1 X	12:15p	Cycle	Cyc ☞	10:20a	Yoga Plus	St. 1 ♥ e ³	12:15p	Cycle	Cyc ☞	12:15p	Keiser 2	CA X	9:00a	Hatha Yoga	St. 1 ♥
12:00p	Hot Yoga	St. 2 ♥	1:30p	Tai Chi	St. 1 ♥ e ³	11:00a	Aqua Therex	FP 💧 e ³	1:30p	Tai Chi	St. 1 ♥ e ³	5:30p	Beg. Yoga	St. 1 ♥ e ³	9:15a	Cycle	Cyc ☞
12:15p	Keiser 2	CA X	4:30p	Total St.	St. 1 X e ³	12:00p	Noon Swim	LP 💧	4:30p	Total St.	St. 1 X e ³				10:45a	NIA	St. 1 X
4:25p	Pilates 1	St. 2 ♥	5:30p	Keiser 2	CA X	12:00p	DAC Nooners	St. 1 X	5:30p	Keiser 2	CA X				4:00p	Pilates Mat I	St. 1 ♥
4:30p	Group Active	St. 1 X e ³	5:40p	Beg. Yoga	St. 1 ♥ e ³	12:00p	Hot Yoga	St. 2 ♥	5:45p	Yoga Flow	St. 1 ♥						
5:30p	Hydrofit	FP 💧	5:45p	Cycle	Cyc ☞	12:15p	Keiser 2	CA X	5:45p	Cycle	Cyc ☞						
5:35p	Ashtanga	St. 2 ♥				1:30p	Bones & Bal.	St. 1 X e ³									
5:40p	Step	St. 1 X				4:25p	Pilates	St. 2 ♥ e ³									
5:45p	Swim Cond.	LP 💧				4:30p	Group Active	St. 1 X e ³									
6:45p	Group Power	St. 1 X				5:30p	Hydrofit	FP 💧									
						5:35p	Ashtanga	St. 2 ♥									
						5:40p	Step	St. 1 X									
						6:45p	Group Power	St. 1 X									

Key
 Mature Adult Friendly e³
 Water Class 💧
 Mind/Body ♥
 Fitness/Group X X
 Cycle ☞

Sculpt & Car. = Sculpt & Cardio
Sculpt & Bal. = Sculpt & Balance
Bones&Bal. = Bones & Balance
Rest. Training = Resistance Training
SwimCond. = Swim Conditioning
Grp.St.Tr. = Group Strength Training
P&T Swim = Parent & Tot Swim

St. 1 = Studio I
St. 2 = Studio II
FP = Fitness Pool
LP = Lap Pool
Cyc = Cycle Studio
CA = Cardio
SA = Stretching Area
WT = Weight room
FL = Front Lobby

**All DAC members are welcome to attend any class