

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00a Cycle - 7:00a Cycle Studio / Sheri	5:15a F.A.S.T.DAC Swim - 6:15a Lap Pool / Rick	6:00a Cycle - 7:00a Cycle Studio / Sheri	5:15a F.A.S.T.DAC Swim - 6:15a Lap Pool / Rick
7:55a Beginning Yoga - 9:10a Studio II / Jennifer	6:00a Group Power - 7:00a Studio I / Michie	6:15a Aqua Pilates - 7:15a Fitness Pool / Kathy	6:00a Group Power - 7:00a Studio I / Michie
8:30a Water Works - 9:30a Fitness Pool / Ellen	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy	6:30a Hatha Yoga - 7:30a Studio II / Glen	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy
9:00a Keiser I - 9:30a Cardio Area	7:30a Tai Chi - 8:30a Studio I / Poh Kheng	8:30a Water Works - 9:30a Fitness Pool / Ellen	7:30a Tai Chi - 8:30a Studio I / Poh Kheng
9:15a Group Power - 10:15a Studio I / Kelli	9:00a Intermediate Dance - 10:30a Studio I / Lyn	9:00a Keiser 1 - 9:30a Cardio Area	8:45a Hatha Yoga - 10:00a Studio II / Trisha
9:35a Ab Lab - 9:50a Stretching Area	9:00a Cycle - 10:00a Cycle Studio / Debbie W.	9:00a Beginning Yoga - 10:15a Studio II / Glen	9:00a Intermediate Dance - 10:30a Studio I / Lyn
10:20a Yoga Plus - 11:50a Studio I / Verna	9:15a Yoga - 10:15a Studio II / Verna	9:15a Group Power - 10:15a Studio I / Ellen	9:00a Cycle - 10:00a Cycle Studio / Debbie W.
10:20a Cycle Express - 10:50a Cycle Studio / Kelli	10:30a Pilates Mat II - 11:30a Studio I / Marilyn	9:35a Ab Lab - 9:50a Stretching Area	10:40a Group Power - 11:40a Studio I / Kelli
11:00a Aqua Therex - 12:00p Fitness Pool	11:00a Aqua Arthritis - 12:00p Fitness Pool / Jenn B.	10:20a Cycle Express - 10:50a Cycle Studio / Ellen	11:00a Aqua Arthritis - 12:00p Fitness Pool / Jenn B.
12:00p Noon Swim - 1:00p Lap Pool / Trevor	12:00p Strength & Conditioning - 1:00p Studio I / Ellen	10:20a Yoga Plus - 11:50a Studio I / Verna	12:00p Strength & Conditioning - 1:00p Studio I / Debbie J.
12:00p DAC Nooners - 1:15p Studio I / Marilyn	12:15p Cycle - 1:15p Cycle Studio / Kelli	11:00a Aqua Therex - 12:00p Fitness Pool	12:15p Cycle - 1:15p Cycle Studio / Danielle
12:00p Hot Yoga - 1:00p Studio II / Kelly	1:30p Tai Chi - 2:30p Studio I / Connie/Karimu	12:00p Noon Swim - 1:00p Lap Pool / Trevor	1:30p Tai Chi - 2:30p Studio I / Connie/Karimu
12:30p Keiser 1 - 1:00p Cardio Area	4:30p Total Strength - 5:30p Studio I / Stephanie	12:00p DAC Nooners - 1:15p Studio I / Marilyn	4:30p Total Strength - 5:30p Studio I / Stephanie
1:05p Ab Lab - 1:20p Stretching Area	5:40p Beginning Yoga - 6:40p Studio I / Glen	12:00p Hot Yoga - 1:00p Studio II / Kelly	5:45p Vinyasa Flow Yoga - 7:00p Studio I / Jean
4:25p Pilates - 5:25p Studio II / Judith	5:45p Cycle - 6:45p Cycle Studio / Colleen	12:30p Keiser 1 - 1:00p Cardio Area	5:45p Cycle - 6:45p Cycle Studio / Colleen
4:30p Beginning Cardio Sculpt - 5:30p Studio I / Becky	7:00p NIA - 7:45p Studio I / Michie	1:05p Ab Lab - 1:20p Stretching Area	
5:30p Hydrofit - 6:30p Fitness Pool / Denise		12:00p Pilates - 5:25p Studio II / Marilyn	
5:35p Ashtanga Yoga - 6:50p Studio II / Jean		4:30p Beginning Cardio Sculpt - 5:30p Studio I / Becky	
5:40p Step - 6:40p Studio I / Mike		5:30p Hydrofit - 6:30p Fitness Pool / Denise	
5:45p Swim Conditioning - 6:45p Lap Pool / Robin		5:35p Ashtanga Yoga - 6:50p Studio II / Jean	
6:30p Ab Lab - 6:45p Stretching Area		5:40p Step - 6:40p Studio I / Mike	
6:45p Group Power - 7:45p Studio I / Debbie J.		6:30p Ab Lab - 6:45p Stretching Area	
7:50p Cycle Express - 8:20p Cycle Studio / Debbie J.		6:45p Group Power - 7:45p Studio I / Debbie J.	
		7:50p Cycle Express - 8:20p Cycle Studio / Debbie J.	

FRIDAY	SATURDAY	SUNDAY
6:00a Cycle Circuit - 7:00a Studio I / Sheri	8:00a Step - 9:00a Studio I / Marianne	9:00a Vinyasa Flow Yoga - 10:30a Studio I / Jean
6:30a Hatha Yoga - 7:30a Studio II / Matt	8:00a F.A.S.T. DAC Swim - 9:30a Lap Pool / Robin	10:45a NIA - 11:45a Studio I / Michie
8:30a Water Works - 9:30a Fitness Pool / Ellen	9:00a Hatha Yoga - 10:15a Studio II / Kelly	4:00p Pilates Mat I - 5:00p Studio I / Judith
9:00a Keiser 1 - 9:30a Cardio Area	9:10a Cycle - 10:10a Cycle Studio / Colleen	
9:15a Group Power - 10:15a Studio I / Ellen	9:15a Group Power - 10:15a Studio I / Michie/Debbie	
9:15a Yoga - 10:15a Studio II / Verna	10:00a Parent/Tot Swim - 11:00a Fitness Pool	
9:35a Ab Lab - 9:50a Stretching Area	10:20a Cycle Express - 10:50a Cycle Studio / Debbie J.	
10:20a Cycle Express - 10:50a Cycle Studio / Ellen	10:30a Hatha Yoga - 12:00p Studio I / Karen	
10:30a Pilates Mat II - 11:30a Studio I / Marilyn		
12:00p Noon Swim - 1:00p Lap Pool / Trevor		
12:00p DAC Nooners - 1:15p Studio I / Marilyn		
12:30p Keiser I - 1:00p Cardio Area		
1:05p Ab Lab - 1:20p Stretching Area		
4:30p NIA - 5:30p Studio I / Michie		
5:30p Beginning Yoga - 6:45p Studio I / Catherine		

Color Key

Water Class

Mind/Body

Fitness/Group X

Cycle

Cycle class sign-ups are located at the cycle studio. Arriving 15 minutes prior will help to assure your spot.

For more information, contact Group Exercise Coordinator, Kelli Reed at extension 416.

