

Welcome! Group Exercise features a wide variety of classes which are unique and distinctive from one another. Our mission is to instruct safe, fun and motivating classes, supporting each participant in a socially oriented environment. Downtown Athletic Club instructors are certified, dedicated fitness professionals who utilize a personal style based on education, movement and sport experience. We strive in each class to teach the group while focusing on the needs of the individual. We look forward to seeing you in our classes.

### YOGA & YOGA PLUS

This class is designed to meet you where you need to be met, from the inside out. All fitness levels are welcome; we'll modify to accommodate to your limits.

### HATHA YOGA

Hatha Yoga combines passive poses and breath awareness plus stretching that unites body and mind.

### VINYASA FLOW YOGA

Based on smooth, connected movements that unite one posture to the next, this breath-inspired progression is a hatha yoga class. This class is designed for all levels of experience, from those who are new to yoga to the experienced yogi.

### INTERMEDIATE YOGA / ASHTANGA PREP

Ashtanga is a Hatha Yoga practice that incorporates an intense Vinyasa sequence with a flowing series of yoga postures. Previous Hatha Yoga experience will prepare you for this vigorous workout.

### HOT YOGA

This class meets in a room which is heated to appx. 80-85 degrees to allow for a deeper stretch and purifying sweat. Develop flexibility, strength, stamina, concentration and balance. This hour long practice is inspired by the beauty and powerful teachings of Anusara and Vinyasa style yoga. Not suitable for students brand new to yoga. Please bring your own mat and water bottle.

### PILATES MAT I & II

These Pilates-based mat classes are designed to strengthen the core of the body. You will feel lengthened, stretched and strong! Class I is a beginning level class. Class II is an intermediate level class designed for those with prior Pilates experience.

### INTERMEDIATE DANCE

This dance-based class utilizes exceptional music and movement by creating dances to each song. A great workout with lots of heart and freedom of expression. The large movements are exhilarating.

### DAC NOONERS

Warm-up, abdominals, dance and stretch! By replicating the "combination" part of traditional dance class, you will learn an entire routine to one piece of music. Class routines change every two weeks using a vast array of styles and music. Previous dance experience is recommended.

### STEP

Our step classes are all-purpose classes. The variety and flare of each class and instructor makes the experience fun and motivating!

### TAI CHI

This class teaches warm up exercises, basic principles of Taiji and a series of movements which improve the development of vital energy. Beginners are welcome.

### NIA

NIA (Neuromuscular Integrative Action) fuses elements of tai chi, yoga and dance into an invigorating cardio fitness program!

### GROUP POWER

This 60-minute barbell program strengthens all major muscles in a motivating group environment with fantastic music and great instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.



**CARDIO SCULPT**

This class adds a cardio component to Circuit Sculpt. It teaches strength and endurance training and adds cardio segments throughout the workout. The class integrates compound moves that work upper and lower body together. Build strength, improve balance and strengthen cardiovascular system in this dynamic class.

**STRENGTH & CONDITIONING**

This dynamic resistance training class uses barbells, dumbbells and functional training methods. It is designed to provide a full body workout and take your training to the next level.

**TOTAL STRENGTH**

Take strength training to new levels. Using a combination of free weights, elastic resistance and compound movements, this class will challenge participants at any level of fitness. Improve strength, balance, flexibility, muscle tone and functional ability for favorite activities. This class offers something for everyone.

**BEGINNING CARDIO SCULPT**

This class combines cardio and sculpt components for a great workout. Beginning strength and endurance training for both the upper and lower body with cardio segments makes this class a great primer for our Cardio Sculpt class.

## Cycle Classes

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*The studio cycling program at the Downtown Athletic Club puts a whole new spin on studio cycling!*

Some call it spinning some call it cycling, but everybody calls it an incredible and fun workout. Sometimes exercising in a group can be more motivating than exercising on your own. Our trained and motivated instructors riding along with you will guide you through a structured interval workout with alternating periods of intense effort and recovery.

Cycle classes are designed to accommodate all levels of riders in the same class and focus on cardiovascular conditioning and muscular endurance. Each cycle has a resistance lever for individual choice of pace and intensity. Classes are 30 minutes to one hour in length. The classes are set to music and include variety cycle drills that train

both the aerobic and anaerobic energy systems. Instructors can assist you in fitting your bike up to 15 minutes before class and answer any questions you may have. Because of the limited number of bikes. It is recommended that you arrive at the cycle studio no more than 15 minutes prior to class to sign-in and check in with the instructor.

We recommend that participants wear cross-trainer or running sole shoes, and bring a water bottle to stay hydrated. All bikes have SPD clips for cycling shoes. The cycle studio is only open for use during cycle classes.