

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30a Group Power NEW - 6:30a Studio I / Chrystal	5:15a F.A.S.T. DAC Swim - 6:15a Lap Pool / Rick	5:30a Group Power NEW - 6:30a Studio I / Chrystal	5:15a F.A.S.T. DAC Swim - 6:15a Lap Pool / Rick
6:00a Cycle - 7:00a Cycle Studio / Sheri	6:00a X Fit NEW - 6:30a Fitness Floor / Eikeem	6:00a Cycle - 7:00a Cycle Studio / Sheri	6:00a X Fit NEW - 6:30a Fitness Floor / Eikeem
8:30a Water Works - 9:30a Fitness Pool / Michie	6:35a Ab Lab NEW - 6:50a Fitness Floor / Eikeem	6:30a Hatha Yoga - 7:30a Studio II / Glen	6:35a Ab Lab NEW - 6:50a Fitness Floor / Eikeem
9:00a Vinyasa Flow - 10:15a Studio II / Jennifer	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy	8:30a Water Works - 9:30a Fitness Pool / Kelli	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy
9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem	9:00a Intermediate Dance - 10:30a Studio I / Lyn	9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem	9:00a Vinyasa Flow - 10:00a Studio II / Sadie
9:15a Group Power - 10:15a Studio I / Kelli	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
9:35a Ab Lab - 9:50a Fitness Floor	9:00a Yoga - 10:00a Studio II / Trisha	9:15a Group Power - 10:15a Studio I / Ellen	9:00a Cycle - 10:00a Cycle Studio / Debbie W.
10:20a Gentle Yoga - 11:50a Studio II / Grace	10:15a Core/Balance NEW - 10:45a Fitness Floor / Lori	9:35a Ab Lab - 9:50a Fitness Floor	10:00a Parent/Tot Swim NEW - 10:30a Fitness Pool
10:20a Cycle Express - 10:50a Cycle Studio / Kelli	10:30a Pilates Mat II - 11:30a Studio I / Marilyn	10:20a Cycle Express - 10:50a Cycle Studio / Ellen	10:15a Core/Balance NEW - 10:45a Fitness Floor / Lori
10:30a Zumba - 11:30a Studio I / Lyn	11:00a Aqua Therex - 12:00p Fitness Pool / Jenn	10:20a Gentle Yoga - 11:50a Studio II / Sadie	10:40a Group Power - 11:40a Studio I / Kelli
11:00a Aqua Therex - 12:00p Fitness Pool / Lori	12:00p Strength & Conditioning - 1:00p Studio I / Danielle	10:30a Zumba - 11:30a Studio I / Lyn	11:00a Aqua Therex - 12:00p Fitness Pool / Jenn
12:00p F.A.S.T. DAC Swim - 1:00p Lap Pool / Trevor	12:15p Cycle - 1:15p Cycle Studio / Kelli	11:00a Aqua Therex - 12:00p Fitness Pool / Lori	12:00p Group Step - 1:00p Studio I / Debbie
12:00p DAC Nooners - 1:15p Studio I / Marilyn	4:30p Total Strength - 5:30p Studio I / Stephanie	12:00p F.A.S.T. DAC Swim - 1:00p Lap Pool / Trevor	12:15p Cycle - 1:15p Cycle Studio / Danielle
12:00p Hot Yoga - 1:00p Studio II / Grace	5:45p Beginning Yoga - 6:45p Studio I / Glen	12:00p DAC Nooners - 1:15p Studio I / Marilyn	4:30p Total Strength - 5:30p Studio I / Stephanie
12:30p X Fit NEW - 1:00p Fitness Floor / Eikeem	5:45p Cycle - 6:45p Cycle Studio / MARRISA	12:00p Hot Yoga - 1:00p Studio II / Grace	5:45p Vinyasa Flow - 7:00p Studio I / Jean
1:05p Ab Lab - 1:20p Fitness Floor / Eikeem	7:00p Zumba - 8:00p Studio I / Shakaia	12:30p X Fit NEW - 1:00p Fitness Floor / Eikeem	5:45p Cycle - 6:45p Cycle Studio / MARRISA
4:25p Pilates - 5:25p Studio II / Judith		1:05p Ab Lab - 1:20p Fitness Floor / Eikeem	7:10p Zumba - 8:00p Studio I / Shakaia
4:30p Beginning Cardio Sculpt - 5:30p Studio I / Becky		4:25p Pilates - 5:25p Studio II / Marilyn	
5:30p Hydrofit - 6:30p Fitness Pool / Denise		4:30p Beginning Cardio Sculpt - 5:30p Studio I / Becky	
5:35p Ashtanga Yoga - 6:50p Studio II / Jean		5:30p Hydrofit - 6:30p Fitness Pool / Denise	
5:35p Group Step - 6:35p Studio I / Lisa		5:35p Ashtanga Yoga - 7:05p Studio II / Jean	
5:45p Swim Conditioning - 6:45p Lap Pool / Robin		5:30p DAC P.E. - 6:30p Newberry Gym / Eikeem	
6:30p Ab Lab - 6:45p Fitness Floor		5:35p Group Step - 6:35p Studio I / Christy	
6:45p Group Power - 7:45p Studio I / Debbie		6:30p Ab Lab - 6:45p Fitness Floor	
7:50p Cycle Express - 8:20p Cycle Studio / Debbie		6:45p Group Power - 7:45p Studio I / Debbie	
		7:50p Cycle Express - 8:20p Cycle Studio / Debbie	

GROUP EXERCISE

FRIDAY	SATURDAY	SUNDAY
6:00a Cycle Circuit - 7:00a Studio I / Sheri 6:30a Hatha Yoga - 7:30a Studio II / Matt 8:30a Water Works - 9:30a Fitness Pool / Michie 9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem 9:15a Group Power - 10:15a Studio I / Ellen 9:00a Yoga - 10:00a Studio II / Sadie 9:35a Ab Lab - 9:50a Fitness Floor 10:20a Cycle Express - 10:50a Cycle Studio / Ellen 10:30a Pilates Mat II - 11:30a Studio I / Marilyn 12:00p F.A.S.T. DAC Swim - 1:00p Lap Pool / Trevor 12:00p DAC Nooners - 1:15p Studio I / Marilyn 12:30p X Fit NEW - 1:00p Fitness Floor / Eikeem 1:05p Ab Lab - 1:20p Fitness Floor / Eikeem 4:30p Zumba - 5:30p Studio I / Lyn 5:35p Beginning Yoga - 6:45p Studio I / Catherine	8:00a Group Step - 9:00a Studio I / Dawn 8:00a F.A.S.T. DAC Swim - 9:30a Lap Pool / Robin 9:00a Hatha Yoga - 10:15a Studio II / Kelly 9:10a Cycle - 10:10a Cycle Studio / Marrisa 9:15a Group Power - 10:15a Studio I / Michie/Debbie 10:00a Parent/Tot Swim NEW - 10:30a Fitness Pool 10:20a Cycle Express - 10:50a Cycle Studio / Debbie 10:30a Hatha Yoga - 12:00p Studio I / Karen	9:00a Vinyasa Flow - 10:30a Studio I / Jean 10:45a Dance Flow - 11:45a Studio I / Michie 4:00p Pilates Mat I - 5:00p Studio I / Judith

Color Key

Water Class

Mind/Body

Fitness/Group X

Cycle

Arriving 15 minutes prior to a cycle class will help to assure your spot.

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

