

# GROUP EXERCISE

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



# GROUP EXERCISE

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

