

GROUP EXERCISE

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.

9 A.M. CIRCUIT

This 30 minute moderately paced circuit class fuses high repetition strength training with cardio intervals for maximum results. Done at one's own pace, this class is a great choice for someone short on time who wants to see and feel results fast.

AB LAB

Join us in the fitness area on the second floor every day for fifteen minutes of concentrated abdominal and lower back work. It's a perfect way to begin or end your workout.

BEGINNING CARDIO SCULPT

With a focus on proper alignment and safety, this class combines low impact cardio with strength training using resistance bands and light weights. The limited choreography and easy to follow movements provides effective upper and lower body toning.

CORE / BALANCE

Strengthen bones and muscles, and improve balance, coordination and posture using hand weights, resistance bands and your own body weight. Engage and strengthen your core to reduce risk of injuries, protect your spine and improve stability in daily activities.

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 wide array of styles and music. Previous dance experience is recommended.

DANCE FLOW

Dance Flow fuses elements of tai chi, yoga and dance into an invigorating cardio fitness program!

GENTLE YOGA

This class focuses on stretching the entire body and revitalizing the muscles through a gentle approach. Basic yoga moves with emphasis on breath and relaxation soothe the body and mind while increasing respiratory capacity and mental clarity.

GROUP POWER

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

HATHA YOGA

Hatha Yoga combines passive poses and breath awareness with stretching that unite body and mind.

HOT YOGA

This class meets in a room heated to 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.

INTERMEDIATE DANCE

This dance-based class utilizes exceptional music and movement to create dances to each song. A great workout with lots of heart and freedom of expression.

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.

GROUP EXERCISE

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.

STEP

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

STRENGTH & CONDITIONING

This dynamic resistance training class uses barbells, dumbbells and functional training methods. Designed to provide a full body workout.

TOTAL STRENGTH

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.

Water Classes

AQUA THER-EX

This low impact, total body conditioning program targets beginners and those desiring arthritic therapy or a gentle place to start post physical therapy. The class utilizes specially designed buoyancy and resistance equipment to provide a combination of aerobic, strengthening and stretching exercises.

F.A.S.T. DAC

Coached workouts designed to improve all aspects of conditioning and stroke technique for lap swimmers, triathletes and competitive swimmers. All four lanes will offer different speeds and intervals. Pace work, threshold training and stroke work are regularly utilized. Team travels to competitions for open water and pool races.

HYDRO-FIT

This dynamic deep-water workout provides the ideal environment to develop and maintain functional health. The class focuses on strength and cardiovascular conditioning using specially designed buoyancy and resistance equipment.

VINYASA FLOW YOGA

Based on smooth movements that connect one posture to the next, this breath-inspired progression is a hatha yoga class. This class is designed for all levels of experience.

X FIT

Formerly known as Time Crunch, this fast paced, calorie burning functional training class delivers a full body, heart pumping, interval workout using a combination of cardio and strength training in a boot camp atmosphere. The variety of exercises build strength, tone muscles and improve athletic stamina.

ZUMBA

This class features exotic rhythms like salsa, merengue, cumbia and samba set to Latin and International beats. Before you know it you will see that your abs, arms and thighs are toned and your energy level is soaring. Zumba is easy to do, effective and totally exhilarating!

PARENT/TOT SWIM

Parents and children 6 months to 3 years will work with an instructor to increase their child's comfort in the water. Classes will help prepare children for swim lessons with an introduction to making bubbles, holding their breath, kicking and floating.

SWIM CONDITIONING

Drop-in class for swimmers wanting to improve their technique and get more out of lap swimming. The class involves drills with lots of feedback on technique and swim stroke mechanics. The last half of class includes a coached workout.

WATER WORKS

A moderately paced deep-water workout set to music and incorporating specially designed buoyancy and resistance equipment provides strength, balance and cardiovascular exercise. The focus is on whole body conditioning with progressive muscular and cardiovascular workouts to build strength and stamina.