

CARDIO STRENGTH

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.

DAC F.I.T. Bootcamp

This fast paced, calorie burning functional training class delivers a full body, heart pumping, interval workout using a combination of cardio and strength training. The variety of exercises build strength, tone muscles and improve athletic stamina.

DAC F.I.T. | DAC L.I.T.E

This fast paced, calorie burning functional training class delivers a full body, heart pumping, interval workout using a combination of cardio and strength training. The variety of exercises build strength, tone muscles and improve athletic stamina. DAC L.I.T.E is a 30 minute, moderately paced circuit class fusing high repetition strength training with cardio intervals for maximum strength. This class is ideal for someone who is short on time and wants a great low impact, full body workout.

TOTAL BODY CONDITIONING

Total Body Conditioning is a head to toe strength and toning workout achieved through high repetition, non-cardio exercises that incorporate using body bars, barbells, dumbbells and more.

FIT BARRE

Come experience this exciting fitness craze that is grueling and powerful with a bit of grace. Barre draws on ideas from ballet, pilates and yoga, and creates a muscular endurance class for all people. Thus, no dance experience is required. This class is a great workout combining standing exercises, core work and light weights. Be prepared to sculpt, define and burn into a new you.

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.

P90X®

This trademarked workout is a combination of exercise techniques including strength training, cardio, yoga, plyometrics, and stretching. It's designed to make you sweat and continue burning calories long after your workout is done.

P90X Express

A 30 minutes version of P90X

PIYO

This is a high-intensity, low-impact workout for a new kind of strong. PiYo is a blend of pilates and yoga-inspired moves cranked up to the speed that gives you full throttle cardio, strength, and flexibility training — all at once.