



DAC GROUP EXERCISE

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. DAC 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.

ASHTANGA YOGA

For the more experienced yoga practitioner. Ashtanga integrates an intense Vinyasa progression with the power of the Ujjayi (or ocean) breath and bandhas (energy centers of the body). Be prepared for a vigorous workout.

CARDIO FUNK

A full body dance experience. This fitness-based dance class is for everybody who wants to learn choreography while expressing themselves through music.

CORE AND BALANCE

Promote the mind-body connection and improve cognitive function with workouts that integrate coordination, rhythm and strategy. Strengthen bones and muscles, improve balance 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.

ELLOVÉ

The Ellové Technique is a non-impact conditioning class that is designed to strengthen and rejuvenate the body through the pure techniques of ballet, yoga, fitness, and Pilates. Choreographed to an intentional playlist of music, the class seamlessly incorporates alignment principles, balance, and full-body awareness while focusing on the breath. Students leave Ellové feeling stronger, longer, and more connected to their bodies.

This class is recommended cross-training and injury prevention for athletes and dancers.

FLOW 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.

HATHA YOGA

Stretching, core work, strengthening and relaxation. All performed in a slow sequence for awakening body and spirit. Accessible to beginners with intermediate work included.

HYDROFIT

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



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.

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to people of all ages and abilities

ROW 30

Build aerobic endurance and muscular strength all in one 30-min workout. This class includes rowing, body weight HIIT and core exercises.

SPIN

All Levels. Fun, heart-pumping workout on a beautiful Spinning Chrono Power bike. Ride on the flats and through rolling hills led by a certified instructor motivated by great music. Spin is perfect for everyone - you control the resistance and pedal speed, creating just the right intensity for you. Beginners are welcome - we'll fit your bike and get you started so you feel comfortable.

VINYASA FLOW

Following an all levels yoga sequence designed to release tired muscles and mind, relax into an effortless guided meditation experience promoting overall balance. No experience necessary.

WARRIOR RHYTHM

Fitness-focused with yoga undertones, WARRIOR Rhythm increases strength, flexibility and balance through movement and musical motivation. Bring a yoga mat if you have one, a towel and a water bottle, and get ready to sweat to heart pounding beats! This class often incorporates dumbbells, bands and kettlebells.

WARRIOR STRENGTH

Cardio + Lifting, WARRIOR Strength is for all levels and all types who want to sweat and feel their muscles burn! With 30 and 60 minute options, playlists that literally rock, and original formulas WARRIOR Strength is a one-of-a-kind endorphin rush!

YOGA

This class blends a variety of yogic and core-strengthening exercise practices to create a workout for flexibility, strength, balance, coordination, and postural alignment. Incorporates dynamic breath work while emphasizing strengthening of all the muscles, especially the abs and lower back.