

Group Exercise SCHEDULE

Updated 11/8/23

DOWNTOWN
ATHLETIC CLUB

	MON	TUE	WED	THUR	FRI	SAT
5:30AM		MASTERS SWIM SCOTT		MASTERS SWIM SCOTT		
6:00AM	SPIN AMBER		SPIN HALSEY		SPIN PAUL	
6:30AM		The ZONE* AGUSTINA		The ZONE* AGUSTINA		
8:30AM		YOGA JEAN		YOGA JEAN		
9:00AM	YOGA ASTRYD The ZONE* JEN	AQUA-FIT HALSEY	HATHA YOGA GLEN GROUP POWER NICOLE The ZONE* JEN	AQUA-FIT CRAIG	SPIN MARY (30) ASHTANGA MATT	GROUP POWER BECCA
9:30AM					GET PUMPED MARY (30)	
9:45AM		CARDIO FUNK NATE		JUST DANCE KASONDRA		
10:00AM						The ZONE* TERI
10:15AM	CARDIO STEP KASONDRA					SPIN JEN WARRIOR STRENGTH AMY
10:30AM					PILATES MAT II MARILYN	VINYASA FLOW TAMMY(90)
10:45AM		PILATES MAT II MARILYN				
11:00AM	AQUA-FIT RACHEL	FIT4LIFE MARIANNE	AQUA-FIT HALSEY ELLOVE CHELSEA	FIT4LIFE LORI	AQUA-FIT KASONDRA	
12:00PM	SPIN HALSEY FLOW BARRE MARILYN MASTERS SWIM SCOTT		SPIN MARILYN GENTLE YOGA TINA MASTERS SWIM SCOTT		SPIN HALSEY (45) FLOW BARRE MARILYN GENTLE YOGA TINA	
12:15PM		WARRIOR RHYTHM ELLEN	WARRIOR COMBAT ELLEN	WARRIOR STRENGTH ELLEN		
12:30PM		The ZONE* JEN		The ZONE* JEN		
5:30PM	GROUP POWER DANA	SPIN MARY YOGA AUGUSTINA WARRIOR STRENGTH ELIZABETH	GROUP POWER DANA	WARRIOR RHYTHM AMY ASHTANGA JEAN (75)		SUN 9AM VINYASA FLOW JEAN (90)
5:45PM	The ZONE* TERI		The ZONE* TERI			

CLASS LOCATION KEY:

POOL STUDIO 1 CYCLE STUDIO MINDBODY STUDIO FUNCTIONAL TRAINING ZONE

THE ZONE
*PAID CLASS

HOURS:

MONDAY - FRIDAY | 5AM - 9PM
SATURDAY & SUNDAY | 7AM - 7PM