

# Group Exercise SCHEDULE

Updated 1/4/24

DOWNTOWN  
ATHLETIC CLUB

	MON	TUE	WED	THUR	FRI	SAT
5:30AM		MASTERS SWIM   SCOTT		MASTERS SWIM   SCOTT		
6:00AM	SPIN   AMBER		SPIN   HALSEY		SPIN   RACHEL	
6:30AM		The ZONE*   AGUSTINA		The ZONE*   AGUSTINA		
8:30AM		YOGA   JEAN		YOGA   JEAN		
9:00AM	YOGA   ASTRYD The ZONE*   JEN	AQUA-FIT   CRAIG	HATHA YOGA   GLEN GROUP POWER   NICOLE The ZONE*   JEN	AQUA-FIT   CRAIG	ASHTANGA   MATT SPIN   MARY (30)	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   KASONDRA 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   ELLEN (45) FLOW BARRE   MARILYN GENTLE YOGA   TINA	
12:15PM		WARRIOR RHYTHM   ELLEN	WARRIOR COMBAT   ELLEN	WARRIOR STRENGTH   ELLEN		
12:30PM		The ZONE*   HAMZA		The ZONE*   HAMZA		
5:30PM	GROUP POWER   DANA	SPIN   MARY YOGA   AUGUSTINA WARRIOR STRENGTH   ELIZABETH	GROUP POWER   DANA	WARRIOR RHYTHM   AMY ASHTANGA   JEAN (75)		<b>SUN</b>  <b>9AM</b> 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