

Group Exercise Schedule

DOWNTOWN
ATHLETIC CLUB

Updated 9/23/24

	MON	TUE	WED	THUR	FRI	SAT
5:30AM		MASTERS SWIM SCOTT		MASTERS SWIM SCOTT		
6:00AM	SPIN AMBER		CYCLE BEATS EDEN		SPIN EDEN	
6:30AM		The ZONE* AGUSTINA		The ZONE* AGUSTINA		
8:30AM		VINYASA YOGA JEAN		VINYASA YOGA JEAN		
9:00AM	YOGA ASTRYD The ZONE* JEN	AQUA-FIT CRAIG WARRIOR BUILD MARY (30)	HATHA YOGA GLEN GROUP POWER NICOLE The ZONE* JEN	AQUA-FIT CRAIG MOBILITY JEN (30)	ASHTANGA YOGA MATT CYCLE BEATS MARY (30)	GROUP POWER BECCA
9:30AM		CYCLE BEATS MARY (30)		SPIN JEN (30)	WARRIOR BUILD MARY (30)	
10:00AM		CARDIO FUNK NATE (45)		TURN UP DANCE! MARY	WARRIOR FLOW MARY (30)	The ZONE* TERI
10:15AM						SPIN JEN WARRIOR STRENGTH AMY
10:30AM	STEP + SCULPT MARIANNE				PILATES MAT II MARILYN	VINYASA FLOW TAMMY(90)
10:45AM		PILATES MAT II MARILYN				
11:00AM	AQUA-FIT MARSHA AB LAB + STRETCH NICHOLAS (45)	FIT4LIFE MARIANNE	AQUA-FIT MARSHA ELLOVE CHELSEA AB LAB + STRETCH NICHOLAS (45)	FIT4LIFE LORI	AQUA-FIT MARSHA ELLOVE CHELSEA (45)	
12:00PM	SPIN JEN FLOW BARRE MARILYN MASTERS SWIM SCOTT		CYCLE BEATS MARILYN GENTLE YOGA GLEN MASTERS SWIM SCOTT		FLOW BARRE MARILYN GENTLE YOGA AGUSTINA MASTERS SWIM LEAH	
12:15PM		WARRIOR RHYTHM ELLEN		WARRIOR STRENGTH ELLEN		
12:30PM		The ZONE* HAMZA		The ZONE* HAMZA		
5:30PM	GROUP POWER DANA CYCLE BEATS SAMMY (45) PILATES MAT PAIGE	VINYASA YOGA AGUSTINA WARRIOR STRENGTH ELIZABETH	GROUP POWER DANA	ASHTANGA YOGA JEAN (75) WARRIOR RHYTHM AMY		SUN 9AM VINYASA FLOW YOGA JEAN (90)
5:45PM	The ZONE* TERI		The ZONE* TERI			

CLASS LOCATION KEY:

POOL STUDIO 1 CYCLE STUDIO MINDBODY STUDIO *PAID CLASS ! CLASS BEGINS 10/3
ZONE TURF

NEW/UPDATED CLASS

HOURS:

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