

Group Exercise Schedule

Updated 2/1/2026



	MON	TUES	WED	THURS	FRI	SAT
5:30AM		MASTERS SWIM SCOTT		MASTERS SWIM SCOTT		
6:00AM	SPIN AMBER		SPIN SHERI		SPIN SAMMY	
6:30AM		The ZONE* COURTNEY		The ZONE* TAO		
8:30AM		VINYASA YOGA JEAN		VINYASA YOGA JEAN		
9:00AM	YOGA ASTRYD The ZONE* JEN	AQUA-FIT CRAIG	HATHA YOGA GLEN GROUP POWER NICOLE The ZONE* JEN	AQUA-FIT CRAIG QUICK CORE JEN (20)	ASHTANGA YOGA MATT WARRIOR STRENGTH MARY ZONE Tread* JEN (30)	GROUP POWER BECCA TAI CHI + MOBILITY MATTHEW
9:15AM						QUICK CORE TERI (20)
9:30AM				SPIN JEN (30)	ZONE Tread* JEN (30)	
10:00AM		CARDIO FUNK NATE (45)		PILATES MAT PAIGE CARDIO GROOVE ANITA (45)		The ZONE* TERI
10:15AM						SPIN JEN WARRIOR STRENGTH AMY
10:30AM	STEP + SCULPT MARIANNE				PILATES MAT II MARILYN	VINYASA FLOW YOGA TAMMY (90)
10:45AM		PILATES MAT II MARILYN				
11:00AM	AQUA-FIT KATE	FIT4LIFE KARRA	AQUA-FIT KATE ELLOVÈ CHELSEA	FIT4LIFE KATE	AQUA-FIT KATE	
12:00PM	SPIN JEN FLOW BARRE MARILYN MASTERS SWIM SCOTT	QUICK CORE KARRA (20)	CYCLE BEATS MARILYN GENTLE YOGA GLEN MASTERS SWIM SCOTT	QUICK CORE KARRA (20)	CYCLE BEATS CHELSEA FLOW BARRE MARILYN GENTLE YOGA JEAN MASTERS SWIM GEETA	
12:15PM		WARRIOR RHYTHM ELLEN	CARDIO DANCE ANITA	WARRIOR STRENGTH MARY		
12:30PM		TAI CHI + MOBILITY MATTHEW The ZONE* KARRA		The ZONE* KARRA		
2:15PM		PRIVATE CLASS MARILYN				
5:30PM	GROUP POWER DANA PILATES MAT PAIGE	SPIN COURTNEY POWER YOGA BEAR WARRIOR STRENGTH ELIZABETH	GROUP POWER DANA CORE + RESTORE RACHEL	ASHTANGA YOGA JEAN (75) WARRIOR RHYTHM AMY		SUN 9AM VINYASA FLOW YOGA JEAN (90)
5:45PM	The ZONE* TERI		The ZONE* TERI			
6:45PM	QUICK CORE TERI (20)		QUICK CORE TERI (20)			

CLASS LOCATION KEY:

POOLS | STUDIO 1 | CYCLE STUDIO | MINDBODY STUDIO | TURF | ROOM UNAVAILABLE

*PAID CLASS ON ZONE TURF - MUST RESERVE ON MINDBODY OR DAC APP

NEW/UPDATED CLASS

CLUB HOURS:

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

Questions? Contact Group Fitness Director, Jen Stanton at jstanton@downtownac.com