

# Group Exercise Schedule

Updated 6/1/2026



	MON	TUES	WED	THURS	FRI	SAT
5:30AM		MASTERS SWIM   SCOTT		MASTERS SWIM   SCOTT		
5:45AM		GROUP POWER   DANA		GROUP POWER   DANA		
6:00AM	SPIN   AMBER		SPIN   SHERI		SPIN   SAMMY	
6:30AM		The ZONE*   TAO		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)		CARDIO GROOVE   ANITA (45)		The ZONE*   TERI
10:15AM						SPIN   JEN WARRIOR STRENGTH   AMY
10:30AM				PILATES MAT   STEPHANIE	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 ELLOVÉ   CHELSEA	FIT4LIFE   KATE	AQUA-FIT   KATE	
12:00PM	SPIN   JEN (45) BARRE   MARIANNE MASTERS SWIM   SCOTT	QUICK CORE   KARRA (20)	CYCLE BEATS   MARILYN GENTLE YOGA   GLEN MASTERS SWIM   SCOTT	QUICK CORE   KARRA (20)	CYCLE BEATS   CHELSEA BARRE   MARIANNE GENTLE YOGA   JEAN MASTERS SWIM   GEETA	
12:15PM	RUN CLUB   KATE	WARRIOR RHYTHM   JEN	CARDIO DANCE   ANITA	WARRIOR STRENGTH   MARY		
12:30PM		TAI CHI + MOBILITY   MATTHEW				
2:15PM		PRIVATE CLASS   MARILYN				
5:30PM	GROUP POWER   DANA PILATES MAT   SHANA	SPIN   COURTNEY POWER YOGA   BEAR WARRIOR STRENGTH   JEN	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:**

POOLS | STUDIO 1 | CYCLE STUDIO | MINDBODY STUDIO | TURF | ROOM UNAVAILABLE | NEW/UPDATED CLASS

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

**HOURS:**

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

Questions? Contact Group Fitness Director, Jen Stanton at [jstanton@downtownac.com](mailto:jstanton@downtownac.com)