

**DOWNTOWN
ATHLETIC CLUB** | **40**
ANNIVERSARY

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	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* TERI		
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 EMMA	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:					HOURS:	
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					MONDAY - FRIDAY 5AM - 9PM SATURDAY - SUNDAY 7AM - 7PM	
Questions? Contact Group Fitness Director, Jen Stanton at jstanton@downtownac.com						