

Group Exercise Schedule

Updated 10/1/2026

DOWNTOWN
ATHLETIC CLUB | **40**
ANNIVERSARY

	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 CARDIO STEP MARIANNE (45)	HATHA YOGA GLEN GROUP POWER NICOLE The ZONE* JEN	AQUA-FIT CRAIG	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					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	CARDIO DANCE EMMA (45)			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 ELLOVÈ CHELSEA	FIT4LIFE KATE	AQUA-FIT KATE	
12:00PM	CYCLE BEATS NATE (45) BARRE MARIANNE MASTERS SWIM SCOTT	QUICK CORE KARRA (20)	CYCLE BEATS CHELSEA (45) GENTLE YOGA GLEN MASTERS SWIM SCOTT	QUICK CORE KARRA (20)	CYCLE BEATS MARILYN (45) BARRE MARIANNE GENTLE YOGA JEAN MASTERS SWIM GEETA	
12:15PM		WARRIOR RHYTHM JEN	GYROKINESIS® MARILYN	WARRIOR STRENGTH MARY		
12:30PM		TAI CHI + MOBILITY MATTHEW				
3:00PM			PRIVATE CLASS - NEWBERRY PRESCHOOL (90)	PRIVATE CLASS - NEWBERRY PRESCHOOL		
5:30PM	GROUP POWER DANA PILATES MAT SHANA CYCLE BEATS NATE (45)	WARRIOR STRENGTH JEN	GROUP POWER DANA SPIN COURTNEY BARRE FUNDAMENTALS SHANA (45)	ASHTANGA YOGA JEAN (75) WARRIOR RHYTHM AMY		SUN 9AM VINYASA FLOW YOGA JEAN (90) 10:30AM ELOVÈ CHELSEA
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