Group Exercise Schedule

Updated 11/1/2026

	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* | TERI**		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				PILATES MAT | STEPHANIE	PILATES MAT II | MARILYN	VINYASA FLOW YOGA | TAMMY (90)
10:45AM	**CARDIO DANCE | EMMA (45)**	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			**GYROKINESIS® | MARILYN**	**WARRIOR STRENGTH | JEN**		
12:30PM		TAI CHI + MOBILITY | MATTHEW				
3:00PM			**PRIVATE CLASS - NEWBERRY PRESCHOOL (90)**	**PRIVATE CLASS - NEWBERRY PRESCHOOL**		
5:30PM	GROUP POWER | DANA **PILATES MAT | SUZIE** **CYCLE BEATS | NATE (45)**	WARRIOR STRENGTH | JEN	GROUP POWER | DANA **BARRE FUNDAMENTALS | SHANA (45)** **SPIN | COURTNEY**	ASHTANGA YOGA | JEAN (75) WARRIOR RHYTHM | AMY		**SUN** **9AM** VINYASA FLOW YOGA | JEAN (90) **10:30AM** **ELLOVÈ | 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