

September

DAC GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type
6:00a	Cycle	Cyc 🚴	5:15a	Master Swim	LP 🌊	6:00a	Cycle	Cyc 🚴	5:15a	Master Swim	LP 🌊	6:00a	Cycle Circuit	St.1 X	8:00a	Step	St.1 X
6:00a	Group Power	St.1 X	6:00a	Boot Camp	St.1 X	6:00a	Group Power	St.1 X	6:00a	Boot Camp	St.1 X	6:30a	Hatha Yoga	St.1 ♥	8:00a	Master Swim	LP 🌊
7:55a	Beg. Yoga	St.2 ♥	6:15a	Hydrofit	FP 🌊 e <sup>3</sup>	6:15a	Aqua Pilates	FP 🌊	6:15a	Hydrofit	FP 🌊 e <sup>3</sup>	8:30a	Water Works	FP 🌊 e <sup>3</sup>	9:00a	Hatha Yoga	St.2 ♥
8:30a	Water Works	FP 🌊 e <sup>3</sup>	7:30a	Tai Chi	St.1 ♥ e <sup>3</sup>	6:30a	Hatha Yoga	St.2 ♥	7:30a	Tai Chi	St.1 ♥ e <sup>3</sup>	9:00a	Keiser 1	CA X	9:15a	Cycle	Cyc 🚴
9:00a	Keiser	CA X	9:00a	Inter. Dance	St.1 X	8:30a	Water Works	FP 🌊 e <sup>3</sup>	9:00a	Hatha Yoga	St.2 ♥	9:15a	Group Power	St.1 X	9:15a	Group Power	St.1 X
9:15a	Group Power	St.1 X	9:00a	Cycle	Cyc 🚴	9:00a	Keiser 1	CA X	9:00a	Inter. Dance	St.1 X	9:15a	Yoga	St.2 ♥ e <sup>3</sup>	10:00a	P&T Swim	FP 🌊
10:20a	Yoga Plus	St.1 ♥ e <sup>3</sup>	9:15a	Yoga	St.2 ♥ e <sup>3</sup>	9:00a	Beg. Yoga	St.2 ♥ e <sup>3</sup>	9:00a	Cycle	Cyc 🚴	10:20a	Cycle Express	Cyc 🚴	10:30a	Hatha Yoga	St.1 ♥
10:20a	Cycle Express	Cyc 🚴	10:30a	Pilates Mat II	St.1 ♥ e <sup>3</sup>	9:15a	Group Power	St.1 X	11:00a	Aqua Arthritis	FP 🌊 e <sup>3</sup>	10:30a	Pilates Mat II	St.1 ♥	Sunday		
11:00a	Aqua Therex	FP 🌊 e <sup>3</sup>	11:00a	Aqua Arthritis	FP 🌊 e <sup>3</sup>	10:20a	Cycle Express	Cyc 🚴	12:00p	Step	St.1 X	12:00p	Noon Swim	LP 🌊			
12:00p	Noon Swim	LP 🌊	12:00p	Sculpt & Car.	St.1 X	10:20a	Yoga Plus	St.1 ♥ e <sup>3</sup>	12:15p	Cycle	Cyc 🚴	12:00p	DAC Nooners	St.1 X	7:45a	Tai Chi	St.1 ♥ e <sup>3</sup>
12:00p	DAC Nooners	St.1 X	12:15p	Cycle	Cyc 🚴	11:00a	Aqua Therex	FP 🌊 e <sup>3</sup>	1:30p	Tai Chi	St.1 ♥ e <sup>3</sup>	12:15p	Keiser 2	CA X	9:00a	Vinyasa Yoga	St.1 ♥
12:00p	Hot Yoga	St.2 ♥	1:30p	Tai Chi	St.1 ♥ e <sup>3</sup>	12:00p	Noon Swim	LP 🌊	4:30p	Total St.	St.1 X e <sup>3</sup>	5:30p	Beg. Yoga	St.1 ♥ e <sup>3</sup>	9:15a	Cycle	Cyc 🚴
12:15p	Keiser 2	CA X	4:30p	Total St.	St.1 X e <sup>3</sup>	12:00p	DAC Nooners	St.1 X	5:30p	Keiser 2	CA X			10:45a	NIA	St.1 X	
4:25p	Pilates	St.2 ♥	5:30p	Keiser 2	CA X	12:00p	Hot Yoga	St.2 ♥	5:45p	Vinyasa Yoga	St.1 ♥			4:00p	Pilates Mat I	St.1 ♥	
4:30p	Group Active	St.1 X e <sup>3</sup>	5:40p	Beg. Yoga	St.1 ♥ e <sup>3</sup>	12:15p	Keiser 2	CA X	5:45p	Cycle	Cyc 🚴						
5:30p	Hydrofit	FP 🌊	5:45p	Cycle	Cyc 🚴	1:30p	Bones & Bal.	St.1 X e <sup>3</sup>									
5:35p	Ashtanga	St.2 ♥				4:25p	Pilates	St.2 ♥ e <sup>3</sup>									
5:40p	Step	St.1 X				4:30p	Group Active	St.1 X e <sup>3</sup>									
5:45p	Swim Cond.	LP 🌊				5:30p	Hydrofit	FP 🌊									
6:45p	Group Power	St.1 X				5:35p	Ashtanga	St.2 ♥									
						5:40p	Step	St.1 X									
						6:45p	Group Power	St.1 X									

**Key**  
 Mature Adult Friendly e<sup>3</sup>  
 Water Class 🌊  
 Mind/Body ♥  
 Fitness/Group X X  
 Cycle 🚴

**Sculpt & Car.** = Sculpt & Cardio  
**Sculpt & Bal.** = Sculpt & Balance  
**Bones&Bal.** = Bones & Balance  
**Rest. Training** = Resistance Training  
**SwimCond.** = Swim Conditioning  
**Grp.St.Tr.** = Group Strength Training  
**P&T Swim** = Parent & Tot Swim

**St. 1** = Studio I  
**St. 2** = Studio II  
**FP** = Fitness Pool  
**LP** = Lap Pool  
**Cyc** = Cycle Studio  
**CA** = Cardio  
**SA** = Stretching Area  
**WT** = Weight room  
**FL** = Front Lobby

\*\*All DAC members are welcome to attend any class