

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>6:00a</b> <a href="#">Cycle</a> - 7:00a Cycle Studio / Sheri	<b>5:15a</b> <a href="#">F.A.S.T.DAC Swim</a> - 6:15a Lap Pool / Rick	<b>6:00a</b> <a href="#">Cycle</a> - 7:00a Cycle Studio / Sheri	<b>5:15a</b> <a href="#">F.A.S.T.DAC Swim</a> - 6:15a Lap Pool / Rick
<b>6:00a</b> <a href="#">NIA</a> - 7:00a Studio I / Michie	<b>6:00a</b> <a href="#">Group Power</a> - 7:00a Studio I / Michie	<b>6:00a</b> <a href="#">Strength &amp; Conditioning</a> - 7:00a Studio I / Genevive	<b>6:00a</b> <a href="#">Group Power</a> - 7:00a Studio I / Michie
<b>7:10a</b> <a href="#">Biggest Loser Challenge</a> - 9:10a Studio I / Randy Davis	<b>6:15a</b> <a href="#">Hydrofit</a> - 7:15a Fitness Pool / Craig/Kathy	<b>6:15a</b> <a href="#">Aqua Pilates</a> - 7:15a Fitness Pool / Kathy	<b>6:15a</b> <a href="#">Hydrofit</a> - 7:15a Fitness Pool / Craig/Kathy
<b>7:55a</b> <a href="#">Beginning Yoga</a> - 9:10a Studio II / Jennifer	<b>7:30a</b> <a href="#">Tai Chi</a> - 8:30a Studio I / Poh Kheng	<b>6:30a</b> <a href="#">Hatha Yoga</a> - 7:30a Studio II / Glen	<b>7:30a</b> <a href="#">Tai Chi</a> - 8:30a Studio I / Poh Kheng
<b>8:30a</b> <a href="#">Water Works</a> - 9:30a Fitness Pool / Ellen	<b>8:35a</b> <a href="#">Back to Abs</a> - 8:55a Studio I / Debbie W.	<b>7:10a</b> <a href="#">Biggest Loser Challenge</a> - 9:10a Studio I / Randy Davis	<b>8:35a</b> <a href="#">Back to Abs</a> - 8:55a Studio I / Debbie W.
<b>9:00a</b> <a href="#">Keiser I</a> - 9:30a Cardio Area	<b>9:00a</b> <a href="#">Intermediate Dance</a> - 10:30a Studio I / Lyn	<b>8:30a</b> <a href="#">Water Works</a> - 9:30a Fitness Pool / Ellen	<b>9:00a</b> <a href="#">Hatha Yoga</a> - 10:15a Studio II / Jon
<b>9:15a</b> <a href="#">Group Power</a> - 10:15a Studio I / Kelli	<b>9:00a</b> <a href="#">Cycle</a> - 10:00a Cycle Studio / Debbie W.	<b>9:00a</b> <a href="#">Keiser 1</a> - 9:30a Cardio Area	<b>9:00a</b> <a href="#">Intermediate Dance</a> - 10:30a Studio I / Lyn
<b>9:35a</b> <a href="#">Ab Lab</a> - 9:50a Stretching Area	<b>9:15a</b> <a href="#">Yoga</a> - 10:15a Studio II / Verna	<b>9:00a</b> <a href="#">Beginning Yoga</a> - 10:15a Studio II / Glen	<b>9:00a</b> <a href="#">Cycle</a> - 10:00a Cycle Studio / Debbie W.
<b>10:20a</b> <a href="#">Yoga Plus</a> - 11:50a Studio I / Verna	<b>10:30a</b> <a href="#">Pilates Mat II</a> - 11:30a Studio I / Marilyn	<b>9:15a</b> <a href="#">Group Power</a> - 10:15a Studio I / Ellen	<b>10:40a</b> <a href="#">Group Power</a> - 11:40a Studio I / Kelli
<b>10:20a</b> <a href="#">Cycle Express</a> - 10:50a Cycle Studio / Kelli	<b>11:00a</b> <a href="#">Aqua Arthritis</a> - 9:50a Fitness Pool / Jenn B.	<b>9:35a</b> <a href="#">Ab Lab</a> - 9:50a Stretching Area	<b>11:00a</b> <a href="#">Aqua Arthritis</a> - 12:00p Fitness Pool / Jenn B.
<b>11:00a</b> <a href="#">Aqua Therex</a> - 12:00p Fitness Pool	<b>12:00p</b> <a href="#">Strength &amp; Conditioning</a> - 1:00p Studio I / Ellen	<b>10:20a</b> <a href="#">Cycle Express</a> - 10:50a Cycle Studio / Ellen	<b>12:00p</b> <a href="#">Strength &amp; Conditioning</a> - 1:00p Studio I / Debbie J.
<b>12:00p</b> <a href="#">Noon Swim</a> - 1:00p Lap Pool / Trevor	<b>12:15p</b> <a href="#">Cycle</a> - 1:15p Cycle Studio / Kelli	<b>10:20a</b> <a href="#">Yoga Plus</a> - 11:50a Studio I / Verna	<b>12:15p</b> <a href="#">Cycle</a> - 1:15p Cycle Studio / Danielle
<b>12:00p</b> <a href="#">DAC Nooners</a> - 1:15p Studio I / Marilyn	<b>1:30p</b> <a href="#">Tai Chi</a> - 2:30p Studio I / Connie/Karimu	<b>11:00a</b> <a href="#">Aqua Therex</a> - 12:00p Fitness Pool	<b>1:30p</b> <a href="#">Tai Chi</a> - 2:30p Studio I / Connie/Karimu
<b>12:00p</b> <a href="#">Hot Yoga</a> - 1:00p Studio II / Kelly	<b>4:30p</b> <a href="#">Total Strength</a> - 5:30p Studio I / Stephanie	<b>12:00p</b> <a href="#">Noon Swim</a> - 1:00p Lap Pool / Trevor	<b>4:30p</b> <a href="#">Total Strength</a> - 5:30p Studio I / Stephanie
<b>12:30p</b> <a href="#">Keiser 1</a> - 1:00p Cardio Area	<b>5:30p</b> <a href="#">Keiser 2</a> - 6:15p Cardio Area	<b>12:00p</b> <a href="#">DAC Nooners</a> - 1:15p Studio I / Marilyn	<b>5:30p</b> <a href="#">Keiser 2</a> - 6:15p Cardio Area
<b>1:05p</b> <a href="#">Ab Lab</a> - 1:20p Stretching Area	<b>5:40p</b> <a href="#">Beginning Yoga</a> - 6:40p Studio I / Glen	<b>12:00p</b> <a href="#">Hot Yoga</a> - 1:00p Studio II / Kelly	<b>5:45p</b> <a href="#">Vinyasa Flow Yoga</a> - 7:00p Studio I / Jean
<b>4:25p</b> <a href="#">Pilates</a> - 5:25p Studio II / Judith	<b>5:45p</b> <a href="#">Cycle</a> - 6:45p Cycle Studio / Colleen	<b>12:30p</b> <a href="#">Keiser 1</a> - 1:00p Cardio Area	<b>5:45p</b> <a href="#">Cycle</a> - 6:45p Cycle Studio / Colleen
<b>4:30p</b> <a href="#">Beginning Cardio Sculpt</a> - 5:30p Studio I / Becky	<b>6:30p</b> <a href="#">Ab Lab</a> - 6:45p Stretching Area	<b>1:05p</b> <a href="#">Ab Lab</a> - 1:20p Stretching Area	<b>6:30p</b> <a href="#">Ab Lab</a> - 6:45p Stretching Area
<b>5:30p</b> <a href="#">Hydrofit</a> - 6:30p Fitness Pool / Denise	<b>7:00p</b> <a href="#">NIA</a> - 7:45p Studio I / Michie	<b>12:30p</b> <a href="#">Keiser 1</a> - 1:00p Cardio Area	
<b>5:35p</b> <a href="#">Ashtanga Yoga</a> - 6:50p Studio II / Jean		<b>1:05p</b> <a href="#">Ab Lab</a> - 1:20p Stretching Area	
<b>5:40p</b> <a href="#">Step</a> - 6:40p Studio I / Mike		<b>4:25p</b> <a href="#">Pilates</a> - 5:25p Studio II / Marilyn	
<b>5:45p</b> <a href="#">Swim Conditioning</a> - 6:45p Lap Pool / Robin		<b>4:30p</b> <a href="#">Beginning Cardio Sculpt</a> - 5:30p Studio I / Becky	
<b>6:30p</b> <a href="#">Ab Lab</a> - 6:45p Stretching Area		<b>5:30p</b> <a href="#">Hydrofit</a> - 6:30p Fitness Pool / Denise	
<b>6:45p</b> <a href="#">Group Power</a> - 7:45p Studio I / Debbie J.		<b>5:35p</b> <a href="#">Ashtanga Yoga</a> - 6:50p Studio II / Jean	
<b>7:50p</b> <a href="#">Cycle Express</a> - 8:20p Cycle Studio / Debbie J.		<b>5:40p</b> <a href="#">Step</a> - 6:40p Studio I / Mike	
		<b>6:30p</b> <a href="#">Ab Lab</a> - 6:45p Stretching Area	
		<b>6:45p</b> <a href="#">Group Power</a> - 7:45p Studio I / Debbie J.	
		<b>7:50p</b> <a href="#">Cycle Express</a> - 8:20p Cycle Studio / Debbie J.	



FRIDAY	SATURDAY	SUNDAY
<b>6:00a</b> <b>Cycle Circuit</b> - 7:00a Studio I / Sheri	<b>8:00a</b> <b>Step</b> - 9:00a Studio I / Marianne	<b>7:45a</b> <b>Tai Chi</b> - 8:45a Studio I / Poh Kheng
<b>6:30a</b> <b>Hatha Yoga</b> - 7:30a Studio II / Matt	<b>8:00a</b> <b>F.A.S.T. DAC Swim</b> - 9:30a Lap Pool / Robin	<b>9:00a</b> <b>Vinyasa Flow Yoga</b> - 10:30a Studio I / Jean
<b>7:10a</b> <b>Biggest Loser Challenge</b> - 9:10a Studio I / Randy Davis	<b>9:00a</b> <b>Hatha Yoga</b> - 10:15a Studio II / Kelly	<b>9:15a</b> <b>Cycle</b> - 10:15a Cycle Studio / Marilyn
<b>8:30a</b> <b>Water Works</b> - 9:30a Fitness Pool / Ellen	<b>9:10a</b> <b>Cycle</b> - 10:10a Cycle Studio / Colleen	<b>10:45a</b> <b>NIA</b> - 11:45a Studio I / Michie
<b>9:00a</b> <b>Keiser I</b> - 9:30a Cardio Area	<b>9:15a</b> <b>Group Power</b> - 10:15a Studio I / Michie/Debbie	<b>4:00p</b> <b>Pilates Mat I</b> - 5:00p Studio I / Judith
<b>9:15a</b> <b>Group Power</b> - 10:15a Studio I / Ellen	<b>10:00a</b> <b>Parent/Tot Swim</b> - 11:00a Fitness Pool	
<b>9:15a</b> <b>Yoga</b> - 10:15a Studio II / Verna	<b>10:20a</b> <b>Cycle Express</b> - 10:50a Cycle Studio / Debbie J.	
<b>9:35a</b> <b>Ab Lab</b> - 9:50a Stretching Area	<b>10:30a</b> <b>Hatha Yoga</b> - 12:00p Studio I / Karen	
<b>10:20a</b> <b>Cycle Express</b> - 10:50a Cycle Studio / Ellen		
<b>10:30a</b> <b>Pilates Mat II</b> - 11:30a Studio I / Marilyn		
<b>12:00p</b> <b>Noon Swim</b> - 1:00p Lap Pool / Trevor		
<b>12:00p</b> <b>DAC Nooners</b> - 1:15p Studio I / Marilyn		
<b>12:30p</b> <b>Keiser I</b> - 1:00p Cardio Area		
<b>1:05p</b> <b>Ab Lab</b> - 1:20p Stretching Area		
<b>4:30p</b> <b>NIA</b> - 5:30p Studio I / Michie		
<b>5:30p</b> <b>Beginning Yoga</b> - 6:45p Studio I / Jon		
<b>6:30p</b> <b>Ab Lab</b> - 6:45p Stretching Area		

**Color Key**

Water Class

Mind/Body

Fitness/Group X

Cycle

Cycle class sign-ups are located at the cycle studio. Arriving 15 minutes prior will help to assure your spot.

For more information, contact Group Exercise Coordinator, Kelli Reed at extension 416.

