

# GROUP EXERCISE

## WINTER SCHEDULE - STARTING JANUARY

### MONDAY

**6:00a - 7:00a Cycle**  
Cycle Studio / Sheri

**8:00a - 9:00a Dance Fit**  
Studio I / Dana

**8:30a - 9:30a Water Works**  
Fitness Pool / Diana

**9:00a - 9:50a DAC Fit Light & Ab Lab**  
Fitness Floor / Jimmy **NEW INSTRUCTOR!**

**9:15a - 10:15a Group Power**  
Studio I / Sandra

**10:15a - 11:45a Gentle Yoga**  
Studio II / Julia

**10:25a - 11:10a Cycle 45** **NEW TIME!**  
Cycle Studio / Sandra

**10:30a - 11:30a Zumba**  
Studio I / Lyn

**11:00a - 12:00p Aqua Therex**  
Fitness Pool / Lori

**12:00p - 1:00p Fit Barre**  
Studio I / Marilyn

**12:00p - 1:00p Yoga for Strength & Flexibility**  
Studio II / Grace

**12:00p - 1:00p F.A.S.T. DAC Swim**  
Lap Pool / Taylor

**12:30p - 1:20p DAC Fit & Ab Lab**  
Fitness Floor / Tatyana **NEW INSTRUCTOR!**

**1:30p - 2:30p Tai Chi**  
Studio I / Zachary

**4:30p - 5:30p Pilates**  
Studio II / Judith

**5:30p - 6:30p Group Power**  
Studio I / Lauren

**5:30p - 6:30p Shallow Deep Cardio**  
Fitness Pool / Marilyn

**5:45p - 7:15p Ashtanga Yoga**  
Studio II / Jean

### TUESDAY

**5:15a - 6:45a F.A.S.T. DAC Swim**  
Lap Pool / Rick

**6:00a - 6:50a DAC Fit Boot Camp**  
Family Workout Area / Jimmy

**6:00a - 7:00a Hydrofit**  
Fitness Pool / Craig

**8:30a - 9:30a Yoga**  
Studio I / Sadie

**9:00a - 10:00a Cycle**  
Cycle Studio / Debbie Wr

**9:45a - 10:45a World Dance**  
Studio I / Lyn

**10:00a - 11:00a Core/Balance**  
Studio II / Lori

**10:45a - 11:45a Pilates Mat II**  
Studio I / Marilyn

**12:00p - 1:00p P90X**  
Studio I / Debbie Wa

**12:00p - 1:00p Cycle**  
Cycle Studio / Melrose

**1:00p - 2:00p Piyo**  
Studio I / Debbie Wa

**5:30p - 6:45p Beginning Yoga**  
Studio I / Glen

**5:30p - 6:20p DAC Fit & Ab Lab**  
Fitness Floor / Tatyana **NEW INSTRUCTOR!**

**5:30p - 6:30p Hydrofit**  
Fitness Pool / Denise

**6:00p - 7:00p Cycle**  
Cycle Studio / Melrose

### WEDNESDAY

**6:00a - 7:00a Cycle**  
Cycle Studio / Sheri

**6:30a - 7:30a Hatha Yoga**  
Studio II / Glen

**8:30a - 9:30a Water Works**  
Fitness Pool / Craig **NEW INSTRUCTOR!**

**9:00a - 10:00a Hatha Yoga**  
Studio II / Glen

**9:00a - 9:50a DAC Fit Light & Ab Lab**  
Fitness Floor / Jimmy **NEW INSTRUCTOR!**

**9:15a - 10:15a Group Power**  
Studio I / Sandra

**10:25a - 11:10a Cycle 45** **NEW TIME!**  
Cycle Studio / Sandra

**10:30a - 11:30a Zumba**  
Studio I / Lyn

**11:00a - 12:00p Aqua Therex**  
Fitness Pool / Lori

**12:00p - 1:00p Fit Barre**  
Studio I / Marilyn

**12:00p - 1:00p Yoga for Strength & Flexibility**  
Studio II / Grace

**12:00p - 1:00p F.A.S.T. DAC Swim**  
Lap Pool / Taylor

**12:30p - 1:20p DAC Fit & Ab Lab**  
Fitness Floor / Jordan

**4:30p - 5:30p Pilates**  
Studio II / Marilyn

**5:30p - 6:30p Group Power**  
Studio I / Lauren

**5:30p - 6:30p Shallow Deep Cardio**  
Fitness Pool / Marilyn

**5:45p - 7:15p Ashtanga Yoga**  
Studio II / Jean



# GROUP EXERCISE

## WINTER SCHEDULE - STARTING JANUARY

### THURSDAY

**5:15a - 6:45a F.A.S.T. DAC Swim**  
Lap Pool / Rick

**6:00a - 6:50a DAC Fit Boot Camp**  
Family Workout Area / Jimmy

**6:00a - 7:00a Hydrofit**  
Fitness Pool / Craig

**8:30a - 9:30a Yoga**  
Studio I / Sadie

**9:00a - 10:00a Cycle**  
Cycle Studio / Debbie Wr

**9:45a - 10:45a World Dance**  
Studio I / Lyn

**10:00a - 11:00a Core/Balance**  
Studio II / Lori

**10:45a - 11:45a Tai Chi**  
Studio I / Zachary

**12:00p - 1:00p Insanity**  
Studio I / Jennifer

**12:00p - 1:00p Cycle**  
Cycle Studio / Melrose

**1:00p - 2:00p Piyo**  
Studio I / Katia **NEW INSTRUCTOR!**

**5:30p - 6:45p Yoga for Core Strength**  
Studio II / Jean

**5:30p - 6:30p Zumba** **NEW CLASS!**  
Studio I / Lyn

**5:30p - 6:20p DAC Fit & Ab Lab**  
Fitness Floor / Tatyana **NEW INSTRUCTOR!**

**5:30p - 6:30p Hydrofit**  
Fitness Pool / Denise

**6:00p - 7:00p Cycle**  
Cycle Studio / Meghan

### FRIDAY

**6:00a - 7:00a Cycle Circuit**  
Studio I & Cycle Studio / Sheri

**8:00a - 9:00a Dance Fit**  
Studio I / Dana

**8:30a - 9:30a Water Works**  
Fitness Pool / Diana

**9:00a - 10:00a Vinyasa Flow**  
Studio II / Matt **NEW INSTRUCTOR!**

**9:00a - 9:50a DAC Fit Light & Ab Lab**  
Fitness Floor / Jimmy **NEW INSTRUCTOR!**

**9:15a - 10:15a P90X**  
Studio I / Ellen

**10:25a - 11:10a Cycle 45** **NEW TIME!**  
Cycle Studio / Ellen

**10:30a - 11:30a Pilates Mat II**  
Studio I / Marilyn **NEW LOCATION!**

**11:00a - 12:00p Aqua Therex**  
Fitness Pool / Denise **NEW CLASS!**

**12:00p - 1:00p Fit Barre**  
Studio I / Marilyn

**12:00p - 1:00p F.A.S.T. DAC Swim**  
Lap Pool / Taylor

**12:30p - 1:20p DAC Fit & Ab Lab**  
Fitness Floor / Jordan

### SATURDAY

**8:00a - 9:30a F.A.S.T. DAC Swim**  
Lap Pool / Robin

**8:00a - 9:00a Fit Barre** **NEW CLASS!**  
Studio I / Tatyana

**9:00a - 10:15a Ashtanga Yoga**  
Studio II / Deb M

**9:00a - 9:50a DAC Fit & Ab Lab**  
Family Workout Area / Eikeem

**9:15a - 10:15a Cycle**  
Cycle Studio / Meghan

**9:15a - 10:15a Group Power**  
Studio I / Lauren, Sandra **NEW INSTRUCTOR!**

**10:25a - 10:55a Cycle Express** **NEW TIME!**  
Cycle Studio / Meghan

**10:30a - 12:00p Vinyasa Flow**  
Studio I / Jean

### SUNDAY

**9:00a - 10:30a Slow Flow Yoga**  
Studio I / Glenda **NEW INSTRUCTOR!**

**9:00a - 10:00a Cycle** **NEW CLASS!**  
Cycle Studio / Tatyana

**11:15a - 12:30p MELT Method**  
Studio I / Anne

Color Key:

Water Class

Mind/Body

Fitness/Group X

Cycle

This schedule is subject to quarterly changes. The next schedule release is April 1.

