

GROUP EXERCISE

SUMMER SCHEDULE

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 / Lyndsay

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

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

10:25a - 11:10a Cycle 45
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 / Skyler

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

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

6:00a - 7:00a Hydrofit **NEW CLASS!**
Fitness Pool / Lareina

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

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

9:40a - 10:40a World Dance **NEW TIME!**
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 / Courtney

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

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

6:00p - 7:00p Cycle
Cycle Studio / Christie **NEW INSTRUCTOR!**

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 / Lyndsay

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

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

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

10:25a - 11:10a Cycle 45
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 / Skyler

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

SUMMER SCHEDULE

THURSDAY

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

6:00a - 7:00a Hydrofit **NEW TIME!**
Fitness Pool / Shivraj **NEW INSTRUCTOR!**

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

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

9:40a - 10:40a World Dance **NEW TIME!**
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 / Kim **NEW INSTRUCTOR!**

12:00p - 1:00p Cycle
Cycle Studio / Vanessa

1:00p - 2:00p Piyo
Studio I / Katia

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

5:30p - 6:30p Kickboxing **NEW CLASS!**
Studio I / Christie

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

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

6:00p - 7:00p Cycle
Cycle Studio / Kim **NEW INSTRUCTOR!**

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 Ashtanga Vinyasa Flow
Studio II / Matt

9:00a - 9:50a DAC Fit Light & Ab Lab
Fitness Floor / Lyndsay

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

10:25a - 11:10a Cycle 45
Cycle Studio / Ellen

10:30a - 11:30a Pilates Mat II
Studio I / Marilyn

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

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 / Skyler

SATURDAY

7:00a - 8:30a F.A.S.T. DAC Swim
Open Water* / Robin **NEW TIME & LOCATION!**

8:00a - 9:00a Sports Aerobics
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 / Tatyana

9:15a - 10:15a Group Power
Studio I / Michie **NEW INSTRUCTOR!**

10:25a - 10:55a Cycle Express
Cycle Studio / Tatyana

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

SUNDAY

9:00a - 10:30a Dynamic Yoga Fusion
Studio I / Shivraj

9:00a - 10:00a Cycle
Cycle Studio / Christie **NEW INSTRUCTOR!**

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

*Saturday FAST DAC Swim is being held at various parks for open water swims. A carpool is available. To join the email list and get location updates, e-mail Robin at rmayall19@gmail.com.

Color Key:

Water Class

Mind/Body

Fitness/Group X

Cycle

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

