

GROUP EXERCISE

FALL 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 / 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 / Michie

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

5:45p - 7:15p Ashtanga Yoga
Studio II / Deb **NEW INSTRUCTOR!**

TUESDAY

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

6:00a - 6:50a DAC Fit Boot Camp
Family Workout Area / Carson **NEW INSTRUCTOR!**

6:00a - 7:00a Hydrofit
Fitness Pool / Shivraj

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

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

9:40a - 10:40a World Dance
Studio I / Lya

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 / Deseray **NEW INSTRUCTOR!**

WEDNESDAY

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

6:30a - 7:30a Hatha Yoga
Studio I / Glen **NEW LOCATION!**

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 / Justin **NEW INSTRUCTOR!**

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 / Justin **NEW INSTRUCTOR!**

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

5:30p - 6:30p Group Power
Studio I / Michie

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

5:45p - 7:15p Ashtanga Yoga
Studio II / Deb **NEW INSTRUCTOR!**



GROUP EXERCISE

FALL SCHEDULE

THURSDAY

5:15a - 6:45a F.A.S.T. DAC Swim

Lap Pool / Rick **BACK ON SCHEDULE!**

6:00a - 6:50a DAC Fit Boot Camp

Family Workout Area / Justin **NEW INSTRUCTOR!**

6:00a - 7:00a Hydrofit

Fitness Pool / Shivraj

8:30a - 9:30a Yoga

Studio I / Sadie

9:00a - 10:00a Cycle

Cycle Studio / Debbie Wr

9:40a - 10:40a 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 / Kim

12:00p - 1:00p Cycle

Cycle Studio / Courtney **NEW INSTRUCTOR!**

1:00p - 2:00p Piyo

Studio I / Katia

5:30p - 6:45p Empowered Yoga Flow

Studio II / Kristin **NEW INSTRUCTOR!**

5:30p - 6:30p Fit Barre **NEW CLASS!**

Studio I / Tatyana

5:30p - 6:20p DAC Fit & Ab Lab

Fitness Floor / Carson **NEW INSTRUCTOR!**

5:30p - 6:30p Hydrofit

Fitness Pool / Denise

6:00p - 7:00p Cycle

Cycle Studio / Deseray **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 / Kim **NEW INSTRUCTOR!**

10:25a - 11:10a Cycle 45

Cycle Studio / Kim **NEW INSTRUCTOR!**

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 / Tatyana **NEW INSTRUCTOR!**

SATURDAY

8:00a - 9:30a F.A.S.T. DAC Swim

Lap Pool / Robin

8:00a - 8:50a Total Body Conditioning

Studio I / Michie **NEW CLASS!**

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 / Courtney **NEW INSTRUCTOR!**

9:15a - 10:15a Group Power

Studio I / Michie

10:25a - 10:55a Cycle Express

Cycle Studio / Courtney

10:30a - 12:00p Vinyasa Flow

Studio I / Tammy **NEW INSTRUCTOR!**

SUNDAY

9:00a - 10:30a Dynamic Yoga Fusion

Studio I / Shivraj

9:00a - 10:00a Cycle

Cycle Studio / Deseray **NEW INSTRUCTOR!**

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 January 2.

