

# 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 Move, Shake, Dance** **NEW CLASS!**  
Studio I / Kim

**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.

