

GROUP EXERCISE

WINTER SCHEDULE

MONDAY

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

6:00a - 6:50a Functional Strength
Studio I / Ryan **NEW CLASS!**

7:30a - 8:30a Dance Fit
Studio 1 / Dana **NEW TIME!**

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

8:45a - 9:45a Group Power
Studio I / Sandra **NEW TIME!**

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

9:00a - 10:00a Hatha Fusion Yoga
Studio II / Aricha **NEW CLASS!**

10:00a - 11:00a Cycle
Cycle Studio / Sandra **NEW TIME!**

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

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 / Ryan

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

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

TUESDAY

5:30a - 6:45a F.A.S.T. DAC Swim
Lap Pool / Rick

6:00a - 6:45a Swim 101
Lap Pool / Rick **NEW CLASS!**

6:00a - 6:50a DAC FIT Bootcamp
Family Workout Area / Carson

6:00a - 6:50a Movement Conditioning
Studio 1 / Cameron **NEW CLASS!**

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

7:00a - 7:45a Tabatas
Studio I / Cameron **NEW CLASS!**

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

9:00a - 9:30a DAC Fit Strength
Fitness Floor / Cameron **NEW CLASS!**

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

9:40a - 10:40a 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

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 / Carson

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

6:00p - 7:00p Cycle
Cycle Studio / Deseray

WEDNESDAY

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

6:00a - 7:00a Everyday Strength
Studio I / Cameron **NEW CLASS!**

8:30a - 9:30a Water Works
Fitness Pool / Craig

8:45a - 9:45a Group Power
Studio I / Sandra **NEW TIME!**

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

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

10:00a - 11:00a Cycle
Cycle Studio / Sandra **NEW TIME!**

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 / Ryan

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

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

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

Color Key: Water Class Mind/Body Fitness/Group X Cycle

Urban Dance will be taught by Onslo beginning February

GROUP EXERCISE

WINTER SCHEDULE

THURSDAY

5:30a - 6:45a F.A.S.T. DAC Swim
Lap Pool / Rick

6:00a - 6:45a Swim 101
Lap Pool / Rick **NEW CLASS!**

6:00a - 6:50a DAC FIT Bootcamp
Family Workout Area / Carson

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

7:00a - 7:45a Tabatas
Studio I / Ray **NEW CLASS**

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

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

9:00a - 9:30a DAC Fit Strength
Fitness Floor / Cameron **NEW CLASS**

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 P90X
Studio I / Kim

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

4:30p - 5:20p Core de Force
Studio I / Deseray **NEW CLASS**

5:30p - 6:45p Empowered Yoga Flow
Studio II / Kristin

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

5:30p - 6:20p DAC Fi & Ab Lab
Fitness Floor / Carson

6:00p - 7:00p Cycle
Cycle Studio / Deseray

FRIDAY

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

7:30a - 8:30a Dance Fit
Studio I / Dana **NEW TIME!**

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

8:45a - 9:45a Group Power
Studio I / Sandra **NEW CLASS!**
NEW TIME!

9:00a - 10:00a Ashtanga Vinyasa Flow
Studio II / Matt

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

10:00a - 11:00a Cycle
Cycle Studio / Kim **NEW TIME!**

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

11:00a - 12:00p Aqua Therex
Fitness Pool / Deseray **NEW INSTRUCTOR!**

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 / Justin

SATURDAY

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

8:00a - 8:50a Total Body Conditioning
Studio I / Michie

9:00a - 10:15a Ashtanga Yoga
Studio II / Kathryn

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

9:15a - 10:15a Cycle
Cycle Studio / Courtney

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

SUNDAY

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

9:00a - 10:00a Cycle
Cycle Studio / Deseray

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

Color Key: Water Class Mind/Body Fitness/Group X Cycle

Urban Dance will be taught by Onslo beginning February

