



# GROUP EXERCISE

## FULL CLUB SCHEDULE AUGUST 3 - SEPTEMBER 13

### MONDAY

6:00a - 7:00a **SPINPower**

Sheri

9:00a - 10:00a **P90X\***

Corrine **NEW INSTRUCTOR!**

10:10a - 10:50a **SPINNING**

Ellen

12:00p - 1:00p **Barre**

Marilyn

5:30p - 6:30p **Group Power**

Michie

### TUESDAY

8:30a - 9:30a **Yoga\***

Sadie (subbed by Jean)

9:00a - 10:00a **SPINNING**

Debbie

10:45a - 11:45a **PILATES 2\***

Marilyn

11:00a - 12:00p **CORE/BALANCE**

Lori

12:00p - 1:00p **SPINNING**

Deb **NEW INSTRUCTOR!**

12:15p - 1:15p **WARRIOR Rhythm**

Ellen

5:30p - 6:45p **Beginning Yoga**

Glen

### WEDNESDAY

6:00a - 7:00a **SPINPower**

Sheri

9:00a - 10:00a **LeanBody\***

Amber

9:00a - 10:00a **Hatha Yoga**

Glen

10:10a - 11:00a **SPINPower**

Corrine

12:00p - 1:00p **Barre**

Marilyn

5:30p - 6:30p **Group Power**

Michie

Locations: **Mind-Body Studio** **Parking Garage Level 4** **DAC Front Sidewalk** **Oakmont Park**

\* Live in person class - streamed virtually

The Downtown Athletic Club exists to help people feel good from the inside out.

