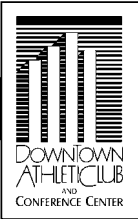


# GROUP EXERCISE

## WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
<p>6:00a - 7:00a <b>SPINPower</b> Sheri</p> <p>7:45a - 8:45a <b>DANCEOLOGY</b> Chelsea</p> <p>8:30a - 9:30a <b>Water Works</b> Diana</p> <p>8:30a - 9:30a <b>Newberry Kids Yoga</b> Jean</p> <p>9:00a - 10:00a <b>P90X</b> Lily <b>NEW INSTRUCTOR!</b></p> <p>9:00a - 9:50a <b>DAC L.I.T.E.</b> Jenn</p> <p>10:10a - 11:00a <b>SPINNING</b> Ellen</p> <p>10:15a - 11:45a <b>Gentle Yoga</b> Julia</p> <p>10:30a - 11:30a <b>Zumba</b> Lyn</p> <p>11:00a - 12:00p <b>Aqua Therex</b> Linda <b>NEW INSTRUCTOR!</b></p> <p>12:00p - 1:00p <b>Fit Barre</b> Marilyn</p> <p>12:00p - 1:00p <b>Yoga for Strength</b> Grace</p> <p>12:00p - 1:00p <b>F.A.S.T. DAC Swim</b> Taylor</p> <p>12:30p - 1:00p <b>DAC F.I.T.</b> Ryan</p> <p>1:00p-1:20p <b>Ab Lab</b> Ryan</p> <p>1:10p - 1:55p <b>P90X Xpress</b> Corrine <b>NEW CLASS!</b></p> <p>4:30p - 5:30p <b>Pilates Mat I</b> Judith</p> <p>5:30p - 6:30p <b>Group Power</b> Michie</p> <p>5:30p - 6:30p <b>Shallow Deep Cardio</b> Marilyn</p> <p>5:45p - 6:45p <b>Hatha Yoga</b> Louise</p>	<p>5:30a - 6:45a <b>F.A.S.T. DAC Swim</b> Rick</p> <p>6:00a - 6:45a <b>Swim 101</b> Rick</p> <p>6:00a - 6:50a <b>DAC F.I.T. Bootcamp</b> Manny</p> <p>6:30a - 7:30a <b>Hydrofit</b> Nanda</p> <p>8:30a - 9:30a <b>Yoga</b> Sadie</p> <p>9:00a - 10:00a <b>SPINNING</b> Debbie</p> <p>9:45a - 10:45a <b>World Dance</b> Lyn</p> <p>10:45a - 11:45a <b>Pilates Mat II</b> Marilyn</p> <p>11:00a - 12:00p <b>Core/Balance</b> Lori</p> <p>12:00p - 1:00p <b>SPINNING</b> Lily</p> <p>12:15p-1:15p <b>WARRIOR Rhythm</b> Ellen <b>NEW CLASS!</b></p> <p>5:30p - 6:45p <b>Beginning Yoga</b> Glen</p> <p>5:30p - 6:20p <b>DAC F.I.T. &amp; Ab Lab</b> Brandy</p> <p>6:00p - 6:50p <b>SPINPower</b> Jennifer</p> <p>6:00p - 7:00p <b>PiYo</b> Amy</p>	<p>6:00a - 7:00a <b>SPINPower</b> Sheri</p> <p>8:30a - 9:30a <b>Water Works</b> Justin</p> <p>9:00a - 9:45a <b>SPINNING</b> Lily</p> <p>9:00a - 10:00a <b>Lean Body</b> Amber</p> <p>9:00a - 9:50a <b>DAC L.I.T.E.</b> Jenn</p> <p>9:00a - 10:00a <b>Hatha Yoga</b> Glen</p> <p>10:10a - 11:00a <b>SPINPower</b> Corrine <b>NEW INSTRUCTOR!</b></p> <p>10:30a - 11:30a <b>Zumba</b> Lyn</p> <p>11:00a - 12:00p <b>Aqua Therex</b> Jennifer</p> <p>12:00p - 1:00p <b>Fit Barre</b> Marilyn</p> <p>12:00p - 1:00p <b>Yoga for Strength</b> Grace</p> <p>12:00p - 1:00p <b>F.A.S.T. DAC Swim</b> Taylor</p> <p>12:30p - 1:20p <b>DAC F.I.T. &amp; Ab Lab</b> Ryan</p> <p>1:10p - 1:55p <b>POUND Xpress</b> Ellen</p> <p>4:30p- 5:30p <b>Pilates Mat I</b> Marilyn</p> <p>5:30p - 6:30p <b>Group Power</b> Michie</p> <p>5:30p - 6:30p <b>Shallow Deep Cardio</b> Marilyn</p> <p>5:45p - 7:15p <b>Ashtanga Yoga</b> Jean</p>
Locations: <b>Pool (s)</b> <b>Studio 1</b> <b>Mind-Body Studio</b> <b>Spinning Studio</b> <b>Fitness Floor</b> <b>Basketball Court</b>		



# GROUP EXERCISE

## WINTER SCHEDULE

THURSDAY	FRIDAY	SATURDAY
<div>5:30a - 6:45a F.A.S.T. DAC Swim Rick</div> <div>6:00a - 6:50a DAC F.I.T. Bootcamp Manny</div> <div>6:30a - 7:30a Hydrofit Nanda</div> <div>8:30a - 9:30a Yoga Jean <b>NEW INSTRUCTOR!</b></div> <div>8:30a - 9:30a Newberry Kids Creative Movement Lyn</div> <div>9:00a - 10:00a SPINNING Debbie</div> <div>9:45a - 10:45a World Dance Lyn</div> <div>11:00a - 12:00a Core/Balance Lori</div> <div>12:00p - 1:00p Tai Chi Jeff</div> <div>12:15p - 1:15p PiYo Ellen</div> <div>5:30p - 6:30p Core Yoga Jean</div> <div>6:00p - 7:00p Lean Body Jenn <b>NEW CLASS!</b></div>	<div>6:00a - 6:30a SPINPower Sheri</div> <div>6:30a - 7:00a Lean Body Sheri</div> <div>7:45a - 8:45a DANCEOLOGY Chelsea</div> <div>8:30a - 9:30a Water Works Diana</div> <div>9:00a - 10:00a Group Power Sandra <b>NEW INSTRUCTOR!</b></div> <div>9:00a - 10:00a Ashtanga Vinyasa Matt</div> <div>9:00a - 9:50a DAC L.I.T.E. Jenn</div> <div>10:10a - 11:00a SPINNING Amber <b>NEW INSTRUCTOR!</b></div> <div>10:30a - 11:30a Pilates Mat II Marilyn</div> <div>11:00a - 12:00p Aqua Therex Nanda</div> <div>12:00p - 1:00p SPINNING Ellen</div> <div>12:00p - 1:00p Fit Barre Marilyn</div> <div>12:00p - 1:00p F.A.S.T. DAC Swim Taylor</div> <div>12:30p - 1:00p DAC F.I.T. Jeremiah</div> <div>1:00p-1:20p AB LAB Jeremiah</div> <div>1:10p - 1:55p P90X Xpress Lily</div>	<div>8:00a - 9:00a F.A.S.T. DAC Swim Manny</div> <div>9:00a - 10:00a Group Power Michie</div> <div>9:00a - 9:50a DAC F.I.T. Sport Jeremiah</div> <div>10:00a - 10:50a SPINPower Jenn</div> <div>10:15 - 11:15 PiYo Ellen/Debbie <b>ROTATING INSTRUCTOR!</b></div> <div>10:30a - 12:00p Vinyasa Flow Tammy</div>
		SUNDAY
		<div>9:00a - 10:00a SPINNING Amber</div> <div>9:00a - 10:30a Vinyasa Yoga Jean</div> <div>11:00a - 12:00p Intro to Yoga Jean</div>

Locations: Pool (s) Studio 1 Mind-Body Studio Spinning Studio Fitness Floor Basketball Court