



DAC

AUGUST 3 - SEPTEMBER 12

VIRTUAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

8:30a - 9:30a
Yoga* Sadie
(subbed by Jean)

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

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

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

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

12:15p - 1:15p
PiYo* Ellen

9:00a - 10:00a
Group Power* Rebecca

SUNDAY

9:00a - 10:30a
Vinyasa Yoga* Jean

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

Outdoor Locations: **Parking Garage Level 4 (Level 5 on occasion)** **Mind-Body Studio** * Live in person class - streamed virtually
Previously recorded classes are available to view in the Private Member Facebook Group