

GROUP EXERCISE

Group Exercise features a wide variety of classes which are unique and distinctive from one another. Our mission is to instruct safe, fun and motivating classes, supporting each participant in a socially oriented environment. Downtown Athletic Club instructors are certified, dedicated fitness professionals who utilize a personal style based on education, movement and sport experience. We strive in each class to teach the group while focusing on the needs of the individual. We look forward to seeing you in our classes.

Ab Lab

Join us in the fitness area on the second floor every day for fifteen minutes of concentrated abdominal and lower back work. It's a perfect way to begin or end your workout.

Aqua Therex

This low impact, total body conditioning program targets beginners and those desiring arthritic therapy or a gentle place to start post physical therapy. The class utilizes specially designed buoyancy and resistance equipment to provide a combination of aerobic, strengthening and stretching exercises.

Ashtanga Yoga

For the more experienced yoga practitioner. Ashtanga integrates an intense Vinyasa progression with the power of the Ujjayi (or ocean) breath and bandhas (energy centers of the body). Be prepared for a vigorous workout.

Ashtanga Vinyasa Flow

All Levels Ashtanga Vinyasa Flow is a breath based practice in which range of motion activities are completed through vigorous Asana. This class is for all able-bodied people who are willing to explore postures through breath.

Beginning Yoga

Ongoing level. An extension into yoga that is accessible by beginners but includes intermediate stretching and strengthening work.

Core and Balance

Promote the mind-body connection and improve cognitive function with workouts that integrate coordination, rhythm and strategy. Strengthen bones and muscles, improve balance and posture using hand weights, resistance bands and your own body weight. Engage and strengthen your core to reduce risk of injuries, protect your spine and improve stability in daily activities.

Core Yoga

Learn to apply the principles of core strength and stability to your yoga practice. We will incorporate core stabilization/strengthening techniques that relate to specific yoga postures. By emphasizing safety, alignment, postural awareness, balance and sustainability, you will build a stronger foundation and find more freedom in your movement.

DAC F.I.T. Bootcamp

This fast paced, calorie burning functional training class delivers a full body, heart pumping, interval workout using a combination of cardio and strength training. The variety of exercises build strength, tone muscles and improve athletic stamina.

DAC F.I.T. | DAC L.I.T.E

This fast paced, calorie burning functional training class delivers a full body, heart pumping, interval workout using a combination of cardio and strength training. The variety of exercises build strength, tone muscles and improve athletic stamina. DAC L.I.T.E is a 30 minute, moderately paced circuit class fusing high repetition strength training with cardio intervals for maximum strength. This class is ideal for someone who is short on time and wants a great low impact, full body workout.

DANCEOLOGY

This class will enhance your knowledge of dance. Each class focuses on a specific style of dance. Starting with a dance inspired warm up we look at toning key areas dancers use and then learn specific skills. Choreography for the class is broken down and has options for every level. The same choreography is used for a few classes in a row, adding movement as necessary so everyone is able to work, move and have fun!

F.A.S.T DAC Swim

Coached workouts designed to improve all aspects of conditioning and stroke technique for lap swimmers, triathletes and competitive swimmers. All four lanes will offer different speeds and intervals. Pace work, threshold training and stroke work are regularly utilized. Team travels to competitions for open water and pool races.

Fit Barre

Come experience this exciting fitness craze that is grueling and powerful with a bit of grace. Barre draws on ideas from ballet, pilates and yoga, and creates a muscular endurance class for all people. Thus, no dance experience is required. This class is a great workout combining standing exercises, core work and light weights. Be prepared to sculpt, define and burn into a new you.

Gentle Yoga

Light Yoga stretching and strength work for all levels. Very basic, easy work and stretching to help the process of aging.

Group Power

This barbell program strengthens all major muscles in a motivating group environment with fantastic music and instructors. With simple movements such as squats, lunges, presses and curls, Group Power is for all fitness levels.

Hatha Yoga

Stretching, core work, strengthening and relaxation. All performed in a slow sequence for awakening body and spirit. Accessible to beginners with intermediate work included.

Hydro-fit

This dynamic deep-water workout provides the ideal environment to develop and maintain functional health. The class focuses on strength and cardiovascular conditioning using specially designed buoyancy and resistance equipment.

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INSANITY

What is INSANITY LIVE? High-intensity interval training, total body conditioning based on the revolutionary INSANITY home workout program from Shaun T. MAX Interval Training means you will burn more calories even post workout. Safe, challenging, and results-driven. No equipment needed. Athletic, but provides options for everyone. Music is motivating but doesn't require moving to the beat.

Lean Body

30 or 60 minutes of metabolic conditioning focused on resistance training for muscle strength and toning. Expect a total body workout that includes compound (upper and lower body) moves, core stability and balance. Lean Body uses a wide variety of equipment like barbells, dumbbells, bands, stability balls and more! Don't be surprised if there are cardiovascular intervals from time to time to increase fat burning! While this class is considered generally low impact there are options for higher impact.

P90X

P90X is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work. In every class you'll tone strong, lean muscle, and together, you'll bust through any plateau that stands in your way.

Pilates Mat I & II

These Pilates-based mat classes are designed to strengthen the core of the body. You will feel lengthened, stretched and strong! Class I is a beginning level class. Class II is an intermediate level class designed for those with prior Pilates experience.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Shallow Deep Cardio

This high energy class utilizes both the shallow and deep areas of the fitness pool. Fun, simple, add-on choreography and interval training stir the excitement while keeping the heart rate up. This class is reminiscent of good old step and aerobics classes, but with the power of water.

SPINPower

SPINPower® is best-in-class for power-based, watts training. It is a road-based cycling design with power-meter technology that delivers real, measureable results.

SPINPower Circuit

SPINPower Circuit includes a 30 minute SPINPower class followed by a 30 minutes of circuit training. During the circuit segment, you can expect a medium intensity full body workout with light weights and body resistance.

Swim 101

This class gives adult swimmers at every level the opportunity to improve their skills in a safe environment – and under the guidance of a trained instructor.

Tai Chi

Tai Chi is an internal martial art that emphasizes development of strength, balance and body awareness through the practice of traditional body postures. This style is characterized by slow and fluid movements, solid stances and beautiful form.

Vinyasa Yoga for Strength & Recovery

Following an all levels yoga sequence designed to release tired muscles and mind, relax into an effortless guided meditation experience promoting overall balance. No experience necessary.

Water Works

A moderately paced deep-water workout set to music and incorporating specially designed buoyancy and resistance equipment provides strength, balance and cardiovascular exercise. The focus is on whole body conditioning with progressive muscular and cardiovascular workouts to build strength and stamina.

World Dance

This dance-based class utilizes exceptional music and movement to create dances to each song. A great workout with lots of heart and freedom of expression.

Yoga for Strength and Flexibility

This is an all levels class designed for those looking to optimize their physical and mental strength, flexibility and stamina on and off the mat. This class emphasizes the integrity of body, mind and breath through carefully designed sequences of movement and breathwork that cultivate mind-body integration, promote physical and mental awareness, and develop functional movement patterns. Variations are offered to accommodate people of all ages, body types, and abilities.

Yoga

This class blends a variety of yogic and core-strengthening exercise practices to create a workout for flexibility, strength, balance, coordination, and postural alignment. Incorporates dynamic breath work while emphasizing strengthening of all the muscles, especially the abs and lower back.

Zumba

This class features exotic rhythms set to Latin and International beats. Before you know it you will see that your abs, arms and thighs are toned and your energy level is soaring. Zumba is easy to do, effective and totally exhilarating!