



# D A C

SEPTEMBER 14 - NOVEMBER 1

# V I R T U A L

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00a - 10:00a <b>P90X*</b> Corrine</p>	<p>8:30a - 9:30a <b>Yoga*</b> Sadie (subbed by Jean)</p> <p>10:45a - 11:45a <b>PILATES 2*</b> Marilyn</p>	<p>9:00a - 10:00a <b>LeanBody*</b> Amber</p>	<p>8:30a - 9:30a <b>Yoga*</b> Jean</p> <p>11:00a - 12:00p <b>CORE/BALANCE*</b> Lori</p> <p>12:15p - 1:15p <b>PiYo*</b> Ellen</p>	<p>9:00a - 10:00a <b>Group Power*</b> Rebecca</p>	<p><b>SUNDAY</b></p> <p>9:00a - 10:30a <b>Vinyasa Yoga*</b> Jean</p>

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