

GROUP FITNESS

Class Schedule

Monday	
8:30 AM	H2O Fusion
8:30 AM	Spin
8:30 AM	Ballet Barre
9:30 AM	Pilates Meets Yoga
4:30 PM	HIIT Rate
5:30 PM	Spin
5:30 PM	Cardio Jam
6:15 PM	Power Pilates

Tuesday	
6:00 AM	Spin
9:30 AM	Spin Fusion
9:45 AM	Chair Yoga
4:30 PM	Total Body Blast

Wednesday	
8:30 AM	Senior Water
8:30 AM	Golden Getters
8:30 AM	Spin
9:30 AM	Ignite
4:30 PM	HIIT Rate

Thursday	
6:00 AM	Spin
9:30 AM	Spin Fusion
9:45 AM	Chair Yoga
4:30 PM	Total Body Blast
5:30 PM	Hot Buti Yoga

Friday	
8:30 AM	Spin
8:30 AM	Senior Water
8:30 AM	Barre 360
10:00 AM	Body Balance

Saturday	
8:00 AM	Spin
9:00 AM	Rejuven 8
10:00 AM	H2O Fusion

Members can attend any group fitness class for free. Non-members can purchase a Class Pass - \$10 per class per day - to participate in any group fitness class of their choosing.

Schedules are seasonal, so please join our DAC Group Facebook Page to keep up with all the upcoming group fitness events, new class offerings, and any last-minute schedule changes!

Small Group Training

TRX Total Body	6:00 am	Mondays, Wednesdays, & Fridays with Coach Wendy
Gentle Joints Pilates	8:00 am	Mondays & Wednesdays with Coach Chris
Strength Training Circuit	8:30 am	Tuesdays with Coach Heidi
TRX Circuit	9:30 am	Fridays with Coach Heidi

DAC Small Group Training allows participants to work with a fitness specialist in a limited group format. There is a small fee to participate. To learn more, ask a staff member or visit our website at DecaturAthleticClub.com.



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