

DOWNTOWN ATHLETIC CLUB

GROUP FITNESS CLASS DESCRIPTIONS

BELLYDANCE: This new class will teach you to burn calories through the rhythmic movements of American Tribal Style Bellydance, fusing techniques from North India, the Middle East and Africa with modern jazz, dance, and hip-hop. Bring a scarf and get ready to move like you've never moved before!

BOSU: This cutting edge workout combines strength training with the BOSU balance trainer for a fun experience in functional fitness.

CIRCUIT: In a class by itself, this is a strength and cardiovascular challenge utilizing the fitness floor, the gym, the track, and a vast array of equipment all under the guidance of a motivating instructor.

CORE: Taking the traditional abs class to the next level, CORE will not only chisel away those six pack abs, but also strengthen your lower back, and enhance your hip stability and power. All movements begin at the CORE (from the hips to the shoulders) and this class will condition yours to be the best with exciting exercises using the BoSU, stability ball, and medicine ball.

CYCLE: This 45-minute class (75 minutes on Wednesdays) is a moderate- to high-intensity, non-impact workout. Climb the mountains, sprint the flats, and enjoy a self-paced workout with a great team atmosphere.

FIT: Functional Interval Training (FIT) will deliver a performance-based training program in a group setting. Perfect for the Weekend Warrior, this class will jam Movement Prep, Prehab, Strength, and Regeneration into a quick 30 minutes!

Jackie's Dance: Dance your way to good health with this progressive course choreographed for the non-dancer. New courses begin each season, but beginners are always welcome.

PILATES: A sculpting class based on movement and discipline of the muscles, this class targets and trains the large and small muscle groups while building stability and flexibility.

LIFT: Push your body to the limit with a barbell, dumbbells, and the latest music! This class is designed to improve strength through a total body workout for men and women of all ages and abilities.

LIFT Interval: This constantly evolving class combines a variety of sports conditioning drills and cardio intervals with the muscle-building fun of the LIFT strength program.

S.T.A.R.: Enjoy a full workout—Cardio, Toning, Abs, and Relaxation in this class that will have you feeling like a Hollywood celebrity during your lunch hour!

TREK: TREK is designed to provide treadmill users with group camaraderie, motivation to improve your performance, and feedback regarding your results. This class welcomes runners and walkers alike, and can even be performed on other cardio pieces on the fitness floor.

TKO: TKO is a non-choreographed boxing workout that will deliver full-body results through shadow-boxing, technique practice, heavy bag training, and cardiovascular work, while building total body strength and power. Train like "Rocky" and unleash the fighter inside you!

YOGA: This challenging and relaxing class develops the discipline of combining movement and breath to bring the physical, mental and emotional bodies into balance and harmony.

ZUMBA: Looking for a high-energy, "feel-happy" workout with Latin music and flair while enjoying long-term health benefits? Try world-renowned ZUMBA for an easy and fun alternative for the body and mind!

All classes are led by certified and motivated professionals! Core instructors include Todd Bowman, Beth Brestrup, Donna Eaves, Laura Gadberry, Betty Goodgion, Myrna Hill, Samantha Holder, Sara Johnson, John Johnson, Leanna Pickens, Alexis Wright, Dominic Zumbrun, Tanner West, Adrienne Chaddick, and Casey Mizer.

The DAC is the only club in town with two ultra shock-absorbing floor systems for your comfort and safety.

