

DOWNTOWN ATHLETIC CLUB

SUMMER 2008 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 – 6:30am CIRCUIT John – Gym	5:45 – 6:30am CYCLE Todd	6:00 – 7:00am R ‘n R 45 Min Cycle 15 Min Run Leanna	
8:30 – 9:30am Jacki’s Dance Betty – Studio A	8:30 – 9:45am LIFT Circuit Sara – Studio A	8:30 – 9:15am Jacki’s Dance Betty – Studio A	8:30 – 9:15am PILATES Sara – Studio A	8:30 – 9:45am BOSU Sara – Gym	8:30 – 9:30am CYCLE Beth
8:45 – 9:30am CYCLE Laura		8:45 – 9:30am CYCLE Lexi		8:30 – 9:15am Jacki’s Dance Betty – Studio A	9:30 – 10:15am LIFT Beth – Studio A
9:30 – 10:00am PILATES Laura – Studio A	9:45 – 10:15 CORE Sara – Studio A		9:15 – 10:30am TREK Sara – Treadmills	9:45 – 10:00am CORE Sara – Gym	9:30 – 10:30am BELLYDANCE Bonnie Studio B
10:00 – 10:45am Age is the Rage Betty – Studio B		10:00 – 10:45am Age is the Rage Betty – Studio B			10:15 – 10:45am CORE Beth – Studio A
12:10 – 12:40pm E³ – TKO Dom – Studio A	12:10 – 12:55pm CYCLE Laura	12:10 – 12:40pm E³ – FIT Drew – Studio A	12:10 – 12:55pm CYCLE Leanna	12:10 – 12:40pm E³ – BOSU LIFT Beth – Studio A	
	4:30 – 5:15pm Zumba Betty – Studio B		4:30 – 5:15pm Jacki’s Dance Betty – Studio A		
5:15 – 6:00pm CYCLE Beth	5:15 – 6:00pm BOSU Beth – Studio A	5:15 – 6:30pm CYCLE Beth	5:30 – 6:15pm Zumba Betty – Studio A		
5:30 – 6:30pm YOGA Myrna – Studio B	5:30 – 6:15pm Jacki’s Dance Betty – Studio B	5:30 – 6:30pm BELLYDANCE Bonnie Studio B	5:30 – 6:30pm YOGA Donna – Studio B		
6:00 – 6:45pm LIFT Beth – Studio A	6:15 – 7:00pm TKO Tanner Studio A		5:30 – 6:30pm BOSU Beth – Gym		
6:45 – 7:00pm CORE Beth – Studio A		6:30 – 7:00pm CORE Beth	6:30 – 7:00pm CORE Beth - Gym		

**DOWNTOWN
ATHLETIC CLUB
FACILITY HOURS**

Monday –Thursday
4:00am – 10:00pm
Friday
4:00am – 8:00pm
Saturday
7:00am – 6:00pm
Sunday
12:00pm – 6:00pm



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