

DOWNTOWN ATHLETIC CLUB

SPRING 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 – 6:45am CYCLE 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 Sara	9:45 – 10:15 CORE Sara – Studio A	8:45 – 9:30am CYCLE Laura	9:15 – 10:30am TREK Sara – Treadmills	8:30 – 9:15am Jacki's Dance Betty – Studio A	9:30 – 10:15am LIFT Beth – Studio A
9:30 – 10:00am PILATES Sara – Studio A		9:30 – 10:00am CORE Laura		9:45 – 10:00am CORE Sara – Gym	10:15 – 10:45am CORE Beth – Studio A
10:00 – 10:45am Age is the Rage Betty – Studio B		10:00 – 10:45am Age is the Rage Betty – Studio B			
12:10 – 12:40pm E³ – TKO Dom – Studio A	12:10 – 12:55pm LIFT Laura – Studio A	12:10 – 12:55pm CYCLE Lexie	12:10 – 12:50pm S.T.A.R. Laura – Studio A	12:10 – 12:40pm E³ – BOSU LIFT Beth – Studio A	
12:10-12:55pm CYCLE Lexie		12:10 – 12:40pm E³ – FIT Drew – Studio A			
5:15 – 6:00pm CYCLE Beth	4:30 – 5:15pm Zumba Betty – Studio B	5:15 – 6:30pm CYCLE Beth	4:30 – 5:15pm Jacki's Dance Betty – Studio A		
5:30 – 6:30pm YOGA Myrna – Studio B	5:15 – 6:00pm BOSU Beth – Studio A	6:30 – 7:00pm CORE Beth	5:30 – 6:15pm Zumba Betty – Studio A		
6:00 – 6:45pm LIFT Beth – Studio A	5:30 – 6:15pm Jacki's Dance Betty – Studio B		5:30 – 6:30pm YOGA Donna – Studio B		
6:45 – 7:00pm CORE Beth – Studio A	6:15 – 7:00pm TKO Tanner – Studio A		5:30 – 6:30pm BOSU Beth – Gym		
			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



ATHLETIC CLUB
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