

DOWNTOWN ATHLETIC CLUB

FALL 2008 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 – 6:30am CIRCUIT John – Gym		6:00 – 6:45am CYCLE Todd	
8:30 – 9:30am Jacki's Dance Betty – Studio A	8:30 – 9:45am LIFT Circuit Sara – Studio A	8:30 – 9:30am 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 – 10:00 CORE Sara – Studio A	8:45 – 9:30am CYCLE Sara	9:15 – 10:00am TREK Sara – Treadmills	8:30 – 9:30am Jacki's Dance Betty – Studio A	9:30 – 10:15am LIFT Beth – Studio A
9:30 – 10:15am PILATES Sara – Studio A				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 – 11:00am 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 LIFT Stormy-Studio A	12:10 – 12:40pm E³ – FIT Brian – Studio A	12:10 – 12:55pm CYCLE Adrienne	12:10 – 12:40pm E³ – BOSU LIFT Beth – Studio A	
5:15 – 6:00pm CYCLE Beth	4:30 – 5:15pm Zumba Beth – Studio B	5:15 – 6:30pm CYCLE Beth	4:30 – 5:30pm Jacki's Dance Beth – Studio A		
5:30 – 6:30pm YOGA Myrna – Studio B	5:15 – 6:00pm BOSU Beth – Studio A	5:30 – 6:30pm BELLYDANCE Bonnie Studio B	5:30 – 6:15pm Zumba Beth – Studio A		
6:00 – 6:45pm LIFT Beth – Studio A	5:30 – 6:30pm Jacki's Dance Beth – 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	6:30 – 7:00pm CORE Beth	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



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