

DOWNTOWN ATHLETIC CLUB

SPRING 2010 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am TRX Beth - Studio C	5:45-6:30am CYCLE Diana – Studio B	5:30 – 6:15am CIRCUIT John – Gym	5:45-6:30am CYCLE Todd - Studio B	5:30-6:15am BOOTCAMP John - Studio C	
8:30 – 9:30am Jacki's Dance Betty – Studio A	8:30 – 9:00am TREK Sara – Treadmills	8:30 – 9:30am Jacki's Dance Betty – Studio A	8:30 – 10:00am BOSU BOOTCAMP Sara – Gym	8:30 – 9:30am Jacki's Dance Betty – Studio A	8:30 – 9:15am TRX Beth – Studio C
8:45 – 9:30am CYCLE Sara - Studio B	9:00 – 10:00 LIFT Sara – Studio A	8:45 – 9:30am CYCLE Sara - Studio B		8:45-9:45am CYCLE Laura – Studio B	9:30 – 10:15am CYCLE Beth – Studio B
9:30 – 10:15am TRX Sara – Studio A		9:30-10:15am PILATES Sara - Studio A		9:45-10:00am CORE Laura – Studio A	10:15 – 11:00am LIFT Diana – Studio A
10:00 – 10:45am Age is the Rage Betty – Studio A		10:00-10:45am Age is the Rage Betty – Studio A			
12:10-12:55pm YOGA FIT Brennan Studio A	12:10 – 12:55pm CYCLE Laura - Studio B	12:10 – 12:40pm FIT Andrew Studio A	12:10 – 12:55pm CYCLE Brennan Studio B	12:10 – 12:40pm TRX Beth – Studio C	
12:10 – 12:40pm TKO Dom – Studio C					
5:15 – 6:00pm CYCLE Beth-Studio B	5:15 – 6:15pm TRX Beth – Studio C	5:15 – 6:15pm CYCLE Beth - Studio B			
	5:30 – 6:30pm Jacki's Dance Betty – Studio A		5:30 – 6:15pm Zumba Betty – Studio A		
6:00 – 7:00pm LIFT Beth – Studio A	6:30-7:30pm KICKBOXING Diana-Studio A	6:15 – 7:00pm LIFT Beth - Studio A	5:30 – 7:00pm BOSU BOOTCAMP 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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