

# DHFAC GROUP FITNESS CLASS SCHEDULE

EFFECTIVE SEPT. 5, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15 AM		SPIN		SPIN	
5:45 – 6:15 AM			BOOT CAMP	BOOT CAMP	
8:00 – 9:00 AM	WATER AEROBICS		WATER AEROBICS		WATER AEROBICS
8:15 – 9:00 AM	YOGA	SPIN PLUS	YOGA	SPIN PLUS	YOGA
9:15 – 10:00 AM		UPPER BODY BLAST	STRENGTH TRAINING		UPPER BODY BLAST
12:00 – 12:35 PM		LUNCH HOUR YOGA TONE		LUNCH HOUR YOGA TONE	
5:00 – 5:45 PM		BEGINNING YOGA		BEGINNING YOGA	
5:15 – 6:00 PM	SPIN		SPIN		
5:45 – 6:15 PM		ABC		ABC	
5:45 – 6:30 PM		AQUA TRIM		AQUA TRIM	
6:00 - 6:20 PM	AB BLAST		AB BLAST		

ABC CLASS – Arms, Butt, Core

BOOT CAMP/CARDIO SCULPT –Cardio, Muscle Conditioning and Strength

LUNCH HOUR TONE – Yoga with weights

SPIN PLUS – 45 min. Spin and 15 min. Abs

STRENGTH TRAINING- strengthen arms and legs and abs with weights

UPPER BODY BLAST- Working with weights, TRX and other upper body exercises