

DHFAC GROUP FITNESS CLASS SCHEDULE

EFFECTIVE FEB. 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15 AM		SPIN		SPIN	
5:50 - 6:20 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	TRX	UPPER BODY BLAST	STRENGTH TRAINING		UPPER BODY BLAST
12:00 – 12:35 PM		LUNCH HOUR YOGA TONE		LUNCH HOUR YOGA TONE	
4:45 – 5:30 PM		BEGINNING YOGA		BEGINNING YOGA	
5:15 – 6:00 PM	SPIN		SPIN		
5:30 – 6:00 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

LOW IMPACT AEROBICS – Zumba Aerobics Class

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

TRX- Total Body Resistance , using your body and straps