

BEGINNING MARCH 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		* Spin (S)					
5:15 AM	* M1X (G)		* Get FIIT (G)		* HIIT Rate (S)		
6:00 AM	* Spin (S)	* Spin (S) ** TRX (G)		* Spin (S) ** TRX (G)			
6:15 AM			* Morning Stretch (E)				
8:00 AM		**Circuit w/ Laurie (E)		**Circuit w/ Laurie (E)		* Spin (S) *Barre & Beyond (E) *Weekend Warrior (G)	
8:15 AM							* Barre & Beyond (E)
8:30 AM	* Spin (S) * Ballet Barre (E) * YAH Water (D)		* Spin (S) * Wednesday Shake Up! (E) * YAH Water (D)	* Buti / Hot Fusion Yoga (Y)	* Spin (S) * Barre & Beyond (E)		
9:00 AM		* Athletic Step (E)		*Tune-Up Thursday (E) * Tabata (G)		* Yoga Plus (E)	
9:15 AM		* Spin Chaos (S)	* TRX-Ignite (G)		**TRX Circuit (G)		* Spin (S)
9:30 AM	* RIP (E)				* Yoga Plus (Y) * RIP (E)		
9:45 AM	* Splash Cardio (D)	* Splash Cardio (D)	* Splash Cardio (D)				
10:00 AM						* Splash Cardio (D)	
10:30 AM			* Up Against the Wall Yoga (G)				
11:00 AM		* YAH Yoga (E)		* YAH Yoga (E)			
12:00 PM		* HIIT Rate (S)		* HIIT Rate (S)			
4:30 PM	* HIIT Rate (S)	* Body Shock (E)	* HIIT Rate (S)	* Body Shock (G)			
5:30 PM	* Cyclone Spin (S) *Cardio Jam! / Booty Bands (E) * Boot Camp Splash (D)	* Yin/Yin Yoga (Y)	* Yoga Plus (E) * Splash Cardio (D)	* Buti / Hot Fusion Yoga (Y)			
6:15 PM	Booty Bands (E)						
6:30 PM	* Gravity Yoga (E)						

****ADDITIONAL FEES REQUIRED FOR ALL CLASSES IN BOLD/UNDERLINED**

O: Outside
 S: Spin Room
 D: DAC Pool
 G: Gymnasium
 Y: Yoga Room
 E: Group Ex Room
 Location of Classes -

Athletic Step: Training on and off the step with upper and lower body weight training. 50 mins

Barre: Enhance your strength, flexibility, and balance with this highly effective and challenging ultimate core workout that provides results! No prior dance required. 50 mins

Barre & Beyond: Full body workout. Cardio, barre, light weights, bands, stability ball sticks and MORE! Quick moving class that works every major muscle group. Join the fun and move to the music! 50 min

Body Shock: Body shock is a whole body, high intensity interval workout that incorporates a variety of types of exercise & each workout is different. Each workout includes cardio intervals, weight training, core work, and body weight training. A variety of exercises are used to keep it fun & challenging while preventing your body from adapting to a certain routine. This is the best way to burn fat & calories while building, shaping, & maintaining muscle. The class is designed so that no matter your fitness level you can get a good workout & work towards improving your overall fitness. 45 mins

Boot Camp Splash: Stations are set up to provide intervals of cardio and strength moves. Class goes by fast and is a great workout. 50 mins

Buti Yoga: Combines plyometrics (jumping movements), intentional shaking, tribal dancing and power yoga for an explosive, cardio-intense movement. It feels like a dance class, with a couple of traditional yoga moves cucked in along the way. 50 min

Cardio Jam!: Enjoy this dance inspired cardio and toning workout that uses the latest dance moves and easy to follow routines. It might just be your new favorite workout! 50 mins

Circuit: Timed exercises on machines, involving core & balance. 50 min

Tune-Up Thursday: Cardio, Core, Strength, and Intensity—this class covers all the bases! The moves are done to bring out the athlete in you. 60 mins

Cyclone Spin: The perfect mix of strength, endurance, and cardio riding all in a fun, party style class! This ride is for all fitness levels—you don't need to be the best in the room, you just need to bring your best self! 50 mins

HIIT Rate: This class targets your major muscle groups with ever-changing exercises and sequencing combined with cardio intervals. No choreography here. Options for all fitness levels. 30 min

Flow Yoga: Fluid physical motion that incorporates energetic movement through a series of yoga postures. 50 mins

Hot Fusion Yoga: Designed for all levels. A vigorous, more athletic approach to yoga techniques characterized by flowing poses focusing on strength, agility, balance, and flexibility in a heated room. 50 mins

M1X: A mix of many WODS including; AMRAP, EMOM, Tabata and more! Calorie burning workout using dumbbells, barbells, body weight, and other current, popular equipment. 30 min

Restorative Yoga: A form of yoga that uses props to achieve physical, mental, & emotional relaxation. Poses are both stimulating yet relaxing. 50 min

Rowing: Rowing has been dubbed "The Perfect Calorie Burn"! Rowing utilizes 84% of your muscle mass with ZERO IMPACT. This is a full-body workout that emphasizes 60% from your legs, 20% from your core, and 20% from your arms. Rowing classes consist of Skills and Drills, Waves, Recovery, and Races. 40 mins

Spin: Spinning sessions are designed to be a great cardiovascular workout for everyone, whether you are a beginner to the fitness program or an experienced cyclist. Set to music, the sessions are led by our certified SPIN instructors. 50 mins

Splash Cardio: A high intensity, shallow water workout that will get your heart pumping as you tone, burn calories, and have fun. 50 mins

TRX: A cardio & strength circuit style format using spin bikes, dumb-bells, wall balls, kettle bells, resistance bands, and TRX suspension systems. It's a total body resistance training! 45 mins

Wednesday Shake-Up!: Tune in each week to see which fun workout we'll be hosting! Classes rotate between: Old Fashioned Aerobics, Barre, Cardio Jam!, Play Ball, and Strength & Weight Training. 50 mins

Weekend Warrior: This class targets your major muscle groups with ever-changing exercises and sequencing combined with cardio intervals. No choreography here. Options for all fitness levels! 50 mins

YAH CABS: A total fitness workout combining chair exercise, aerobics, balance, and strength. 50 mins

YAH Cardio & Weights: Part of the Young at Heart Membership Program. Low impact aerobics along with strength training using small hand weights. Easy to follow moves! 50 mins

YAH Water: Part of the Young at Heart Membership Program. Water class for seniors and those suffering from arthritis or other injuries. 50 mins

YAH Yoga: Poses are held a lot longer for strength and balance. A chair is available to assist with balance and modifications. 50 mins

- All classes are pre-register only! Register no more than 1 day ahead of time using the DAC App or by calling 217-423-7020.
- Please bring your own water bottle, yoga mat, and towel. The DAC will not be providing complimentary water & towel service
- Due to small class sizes we will implement a \$5.00 no-show fee