

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	*M1X (G)	* Spin (S)	* SH1FT(G)		* SH1FT(G)		
6:00 AM	* Spin (S)	**<u>TRX(G)</u>		*Spin (S) **<u>TRX(G)</u>			
6:15 AM		* Spin (S)					
6:30 AM	*Yoga Morning Stretch (E)		* Yoga Morning Stretch (E)		*Yoga Morning Stretch (E)		
8:00 AM		**<u>Circuit w/ Laurie (E)</u>	* Spin (G)	**<u>Circuit w/ Laurie (E)</u>		* Spin (S) * Barre & Beyond (E)	
8:30 AM	* Spin (S) *Ballet Barre (E) *YAH Water(D)	* warm Fusion Yoga (Y)	*Wednesday Shake-Up! (E) *YAH Water (D)	* Buti/ Hot Fusion Yoga (Y)	*Spin (S) *Barre & Beyond (E) *YAH Water (D)		
9:00 AM		* Athletic Step (E)		* CSI (E)		*Weekend Warrior (G) *Yoga Plus (Y)	
9:15 AM		*Rowing (G)		* Rowing (G)	**<u>TRX Circuit (G)</u>		* Barre & Beyond(E) * Spin (S)
9:30 AM	*<u>RIP (E)</u>				* Yoga Plus(Y) **<u>RIP (E)</u>		
9:45 AM	* Splash Cardio (D)	*Splash Cardio (D)	* Splash Cardio (D)		* Splash Cardio (D)		
10:00 AM						* Splash Cardio (D)	
10:45AM		* YAH Yoga (E)		* YAH Yoga (E)			
11:00 AM	* YAH Cardio & Weights (E)		* YAH CABS (E)				
12:00 PM		* HIIT Rate (S)		* HIIT Rate (S)			
4:30 PM	*HIIT Rate	* Body Shock (G)		* Body Shock (G)			
5:15 PM			**<u>Beast F.I.T. (O)</u>				
5:30 PM	* Cyclone Spin (S) * Rowing (G) * Cardio Jam!/Booty Bands (E) * Boot Camp Splash (D)	* Spin (S)	* Yoga Plus (Y)) * Splash Cardio (D)	*Hot Fusion/ BUTI Yoga (y)			
6:30PM	* Flexibility Training (E)						

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

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

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

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! combined with 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 min

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 min

Buti Yoga: combines plyometrics (jumping movements), intentional shaking, tribal dancing and power yoga for an explosive, cardio-intense movement. It feels a dance class, with a couple of traditional yoga moves chucked 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 min

Circuit: Timed Exercises on machines, involving Core & Balance. 50 min

CSI: Cardio, Core, Strength, and Intensity—this class covers all the bases! The moves are done to bring out the athlete in you. 60 min

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 min

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 min

Warm 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 min

M1X: A mix of many WODS including; AMRAP, EMOM, Tabata and more!! 30 min 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 mins

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 min

SH1FT: (Smart High Intensity Training) Use your bodyweight as the tool to develop speed, balance and agility. You'll build athletic fitness as you sweat through simple progressions that work for all fitness levels.. 30 min

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 min

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

TRX Circuit: Strength, cardio, core circuit, utilizing functional and strength training equipment. 45 min

Wednesday Shake-Up!: Tune in each week to see which fun workout we'll be hosting! Classes rotate between: Old Fashioned Aerobics, and Strength & Weight Training (using light weights & a variety of equip.) 50 min

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 min

Yoga Plus: Come practice your yoga on or off the mat. Incorporates various equipment to enhance your flexibility, strength, balance, and flow. End with a calm, peaceful, rejuvenating savasna. 50 min

YAH CABS: A total fitness workout combining chair exercise, low impact cardio, light weight training, balance, and strength. 50 min

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