

Davis Athletic Club Group Exercise Schedule *

1809 Picasso Avenue
Davis, California 95618

Ph. (530) 753-5282 www.daconline.com

* Subject to change without notice 10/15/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6A - 7A Therapeutic Yoga Lisa		6A - 7A Therapeutic Yoga Lisa			
	8:30A - 9:30A Jazzercise		8:30A - 9:30A Jazzercise		8A - 9A Jazzercise	
9A - 10A Step & Tone Kitty Jo		9A - 10A Step & Tone Kitty Jo		9A - 10A Step & Tone Donna	9:15A - 10:15A Step & Tone or Boot Camp Rotating Instr.	9:15A-10:15A Zumba Rika
10A - 11A Bodysculpt Kitty Jo	10A - 11A Pilates Kitty Jo	10A - 11A Bodysculpt Kitty Jo	10A - 11A Pilates Kitty Jo	10A - 11A Bodysculpt Donna		
11A - 12P Basic Lo Jan		11A - 12P Basic Lo Jan		11A - 12P Basic Lo Rika	10:30A - 12P Yoga Rotating Instr.	
12:15P - 1:15P Therapeutic Yoga Lisa		12:15P - 1:15P Therapeutic Yoga Jenna		12:15P - 1:15P Hatha Yoga Donna W.		
		4:30P - 5:15P Latin Aerobics Jody		4:30P - 5:15P Step Express Jody		4:30-5:30P Turbo Kick Amber Every Other Sun.
5:15P - 6P Pilates Express Jody	5:15P - 6:15P Zumba Rika	5:15P - 6P Pilates Express Jody		5:15P - 6P Pilates Express Jody		
6P - 7P Boot Camp Drills Wendi	6:15P - 8:00P Adult Co-ed Volleyball	6P - 7P Boot Camp Drills Pinky	5:45P - 6:45P Turbo Kick Amber	6P - 7P Boot Camp Drills Tammy		6P-9P Co-ed Volleyball Open to Everyone
7P - 8P Begin. Step Jeff		7P - 8P Begin. Step Jeff	7P - 8P Body Sculpting Donna	7:30P-8:30P Ballroom Dance Every Other Fri.		
	8:15P - 9:15P Relaxation Yoga Anat		8P - 9P Hatha Yoga Donna			

Group Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15A - 6:45A Jennifer		5:15A - 6:45A Jennifer			
	9:00A - 10:00A Crissy		9:00A - 10:00A Crissy		8:15A- 9:15A Rotates	9:00A - 10:00A Jeff
12:15P - 1:00P Bethany		12:15P - 1:00P Crissy		12:15P-1:00P Crissy	9:30A-10:30A Rotates	
6:00P-7:00P Donna	6:00P - 7:00P Jeff	6:00P-7:00P Donna	6:00P - 7:00P Jennifer	5:15P - 6:15P Rotates		