

Davis Athletic Club

Group Exercise Schedule *

1809 Picasso Avenue
Davis, California 95618

Ph. (530) 753-5282 [ww.daconline.com](http://www.daconline.com)
Co-ed Volleyball on Thursdays at 6:15 in Goalgetters

* **Subject to change without notice 8/3/10**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6A - 7A BODYPUMP™ Rotating Instr.	6A - 7A Therapeutic Yoga Lisa	6A - 7A BODYPUMP™ Rotating Instr.	6A - 7A Therapeutic Yoga Lisa			
	8:30A - 9:30A Jazzercise		8:30A - 9:30A Jazzercise	8:00A - 8:45A Hatha Yoga Lori	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 BODYPUMP™ 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.	10:30A - 11:30A BODYPUMP™ Rotating Instr.
12:15P - 1:15P Therapeutic Yoga Lisa	12:15P - 1:15P BODYPUMP™ Rotating Instr.	12:15P - 1:15P Therapeutic Yoga Jenna	12:15P - 1:15P BODYPUMP™ Rotating Instr.	12:15P - 1:15P Hatha Yoga Donna W.		
		4:30P - 5:15P Stability Ball 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	6:15-7:15P Turbo Kick Amber	6P - 7P Boot Camp Drills Pinky	5:45P - 6:45P Turbo Kick Amber	6P - 7P BODYPUMP™ Rotating Instr.		
7P - 8P Begin. Step Jeff	7:15-8:15P BODYPUMP™ Rotating Instr.	7P - 8P Begin. Step Jeff	7P - 8P Body Sculpting Donna	7:30P-8:30P Ballroom Dance Every Other Fri.		
	8:15P - 9:15P Power Yoga Lori		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 Rotates		9:00A - 10:00A Crissy		8:15A- 9:15A Rotates	9:00A - 10:00A Jeff
12:15P - 1:00P Crissy		12:15P - 1:00P Rotates		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		