

Davis Athletic Club Group Exercise Schedule *

1809 Picasso Avenue
Davis, California 95618

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

Co-ed Volleyball on Thursdays at 6:15P in Goalgetters

* Subject to change without notice 10/1/11

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			
	7:00A - 8:00A Walk Fit		7:00A - 8:00A Walk Fit	8:00A - 8:45A Hatha Yoga Lori	8A - 9A Jazzercise	
8:45A - 9:45A Step & Tone Kitty Jo	8:30A - 9:30A Jazzercise	8:45A - 9:45A Step & Tone Kitty Jo	8:30A - 9:30A Jazzercise	9A - 10A Step & Tone Donna	9:15A - 10:15A Step & Tone or Boot Camp Rotating Instr.	9:00A-10:00A Zumba Rika
10A - 11A BODYPUMP™ Kitty Jo	10A - 11A Pilates Jody	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 Fitness Yoga Donna W.		12P-1P BODYPUMP™ Rotating Instr.
4:30P - 5:15P Zumba Mallory						
5:15P - 6P Pilates Express Jody	5:15P - 6:15P Zumba Kay	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.		6P - 9P Co-ed Volleyball
7P - 8P Begin. Step Jeff	7:15-8:15P BODYPUMP™ Rotating Instr.	7P - 8P Begin. Step Jeff	7P - 8P Zumba Kay			
	8:15P - 9:15P Power Yoga Lori		8P - 9P Hatha Yoga Donna	7:30-8:30-9P Ballroom Dance Every Other Fri.		

Group Cycling Schedule

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

Class Descriptions

Basic Low	Low impact aerobics, no complicated choreography.
Beginning Step	Designed for learning step choreography at a slow and controlled pace.
Body Sculpting	Strength training/muscle conditioning class for all levels (non-aerobic). Incorporates weights and resistance tools.
Boot Camp Drills	Drill Exercises including sprints, push-ups, jump rope, mountain climbers, jumping jacks, etc. No complicated choreography.
BODYPUMP™	The original barbell class that strengthens and tones your entire body.
Fitness Yoga	A strong practice of Ashtanga and Iyengar traditions emphasizing careful attention to breath, balance, strength, flexibility and relaxation. All levels welcome.
Hatha Yoga & Therapeutic Yoga	A more gentle practice incorporating Iyengar traditions emphasizing careful attention to breath, balance, strength, flexibility and relaxation. All levels welcome.
Hi/Low Aerobics	High energy, low impact aerobics with fun choreography.
Jazzercise	Choreographed, dance-like workout that includes strength training.
Pilates	Form of body mind exercise that has been practiced for over 75 years. Uses breathing and control of movement to gain strength, balance, and core stabilization. The method emphasizes using the body as one integrated form rather than individual parts. All levels welcome.
Pilates Express	Same as the 75 minute version but in a condensed format to meet peoples busy schedules and give the benefits of this popular class.
Stability Ball	Full body conditioning with an emphasis on core stability.
Step Express	A forty-five minute cardiovascular Step workout.
Step & Tone	High intensity, intermediate/advanced choreography utilizing propulsion movements over, on top and around the step. This class also incorporates strength training.
Turbo Kick	Easy to follow kickboxing combinations with bouts of intense intervals and a Tai-Chi cool down
Zumba/Latin	Hi/Low Aerobics incorporating Latin dance moves!

Group Cycling Notes

REGULAR CYCLING	Classes are approximately 40 minutes long with additional time for warm-up, stretching, cool-down, and bike clean up (unless otherwise arranged). Please note that each participant is required to wipe down their bike and raise their handlebars and seats after each class. Also, it is absolutely required that you bring water to all Group Cycling classes—think “40 for 40” (40 oz. Water/40 minute Ride).
HEALTH NOTICE:	Group Cycling classes can be demanding on both the cardiovascular and muscular systems of the body therefore we request that if you have a history of heart disease, hypertension, stroke or any such condition, please seek medical clearance before partaking in a Davis Athletic Club Group Cycling class.

THE USE OF A HEART RATE MONITOR IS STRONGLY ENCOURAGED