

# DELHI ATHLETIC CLUB GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Total Body Strength</b> 6 – 6:45 a.m. Group Exercise Studio Shonna	<b>Vinyasa Yoga</b> 5:30 – 6:30 a.m. Mind Body Studio Kiley	<b>Pilates</b> 6 – 6:45 a.m. Mind Body Studio Jill	<b>Rise and Ride</b> 5:30 – 6:15 a.m. Cycle Studio Elizabeth	<b>Small Group Training (\$)</b> 5:45 – 6:45 a.m. Westside Turf Jimmy	<b>Total Body Strength</b> 8 – 8:45 a.m. Group Exercise Studio Jaylen	
<b>Aqua Move</b> 8 – 8:45 a.m. Warm Water Pool Sarah	<b>Barre Sculpt</b> 6 – 6:45 a.m. Group Exercise Studio Karen	<b>Turf Circuit Training</b> 6:15 – 7 a.m. Westside Turf Jimmy	<b>Core &amp; More</b> 6:15 – 6:45 a.m. Westside Turf Lainey	<b>Yoga-lates</b> 6 – 7 a.m. Group Exercise Studio Jill	<b>Saturday Sunrise Yoga</b> 9 – 10 a.m. Mind Body Studio Kiley	
	<b>Cycling Strength &amp; Stamina</b> 6 – 6:45 a.m. Cycle Studio Larry	<b>Ageless Fitness: Ages 55+ (Starts December 17)</b> 9:30 – 10:15 a.m. Group Exercise Studio Debbie	<b>Hip/Hop Step</b> 6:15 – 7 a.m. Group Exercise Studio Mojo	<b>Aqua Move</b> 10:15 – 11 a.m. Warm Water Pool Pam	<b>*Kids Yoga: Ages 5-12</b> 10:15 – 11 a.m. Mind Body Studio Kiley	
<b>Cardio &amp; Tone</b> 9:30 – 10:15 a.m. Group Exercise Studio Michelle	<b>Aqua for Arthritis</b> 9:15 – 10 a.m. Warm Water Pool Pam	<b>Beginner Vinyasa Flow</b> 10 – 11 a.m. Mind Body Studio Marietta		<b>Hip/Hop Step</b> 12 – 12:45 p.m. Group Exercise Studio Mojo	<b>Hip/Hop Step</b> 10 – 11 a.m. Group Exercise Studio Shonna	<b>Kettlebell Blast   Cardio Boxing</b> 10 – 11 a.m. Group Exercise Studio Dahei
<b>Beginner Vinyasa Flow</b> 10 – 11 a.m. Mind Body Studio Marietta	<b>Aqua Move</b> 10:15 – 11 a.m. Warm Water Pool Pam		<b>Small Group Training (\$) (Starts January 8)</b> 1 – 2 p.m. Westside Turf Jimmy			
					<b>Myofascial Release</b> 11:30 a.m. – 12:30 p.m. Mind Body Studio Rosie	
<b>Cycle Training</b> 6 – 6:45 p.m. Cycle Studio Jimmy	<b>HIT the Turf</b> 6 – 6:45 p.m. Westside Turf Jaylen	<b>Cycling Strength &amp; Stamina</b> 6 – 6:45 p.m. Cycle Studio Larry	<b>Total Body Strength</b> 6 – 6:45 p.m. Group Exercise Studio Dahei			
<b>Beginner Hip/Hop Step</b> 6 – 6:45 p.m. Group Exercise Studio Shonna	<b>Intermediate Hip/Hop Step</b> 6:15 – 7:15 p.m. Group Exercise Studio Shonna	<b>Pilates</b> 6 – 6:45 p.m. Mind Body Studio Karen				
<b>Xtreme Burn</b> 6:45 – 7:30 p.m. Group Exercise Studio Shonna		<b>Aqua Move</b> 6 – 6:45 p.m. Warm Water Pool Sarah / Pam	<b>Power Yoga</b> 6:30 – 7:30 p.m. Mind Body Studio Kiley			
<b>Gentle Yoga</b> 6:30 – 7:30 p.m. Mind Body Studio Becky	<b>Yin Yoga</b> 7 – 8 p.m. Mind Body Studio Kiley	<b>Vinyasa Yoga</b> 6 – 7 p.m. Group Exercise Studio Rosie				
<b>Small Group Training (\$)</b> 6:45 – 7:45 p.m. Westside Turf Jimmy		<b>Yin Yoga</b> 7 – 8 p.m. Mind Body Studio Rosie				

**(\$)** - Fee Required

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**\*NEW - Ageless Fitness - Ages 55+** – A low-impact, full-body workout designed to help you move with confidence. This class focuses on strength, balance, flexibility and joint-friendly exercises — perfect for staying active, improving mobility and feeling your best at any age.

**Aqua for Arthritis** – A gentle water-based exercise program designed to reduce joint pain and stiffness, improve mobility, and increase strength and flexibility, while providing support, making movement easier and maintaining low-impact.

**Aqua Move** – Get moving in this low impact workout by using cardio and strength movements utilizing your bodyweight, noodles and water weights.

**Barre Sculpt** – Utilize light weights combined with repetitive, small, and isometric movements to improve strength and balance. Movement is constant in this class in order to achieve steady state cardio to maintain a consistent heart rate.

**Cardio Boxing** – Cardio Boxing is a high-energy workout that combines boxing moves with fast-paced cardio to build strength, burn calories and boost endurance.

**Cardio & Tone** – Burn calories and have fun doing a variety of cardio movements with bodyweight or weights.

**Core & More** – Develop functional core strength and stability performing plank variations, bird dogs, a variety of crunches and core circuits.

**Cycling Strength & Stamina** – Combines heart-pumping cardio with strength-building resistance, alternating between steady endurance segments and challenging climbs or sprints. You'll push through intervals that enhance both stamina and muscular strength. Great for all levels!

**Cycle Training** – Beginner to cycling? Cycle training is the perfect place to start. Learn the basics of cycling as you sprint and climb to good music for a great workout.

**Hip/Hop Step** – Step is BACK! Hip Hop Step is a great way to burn calories and build endurance while having some fun. All fitness levels welcome.

**HIIT the Turf** – High Intensity Interval Training on our indoor turf space, including stations of a variety of exercises for a full body workout.

**Kettlebell Blast** – Full body workout with kettlebells only. Learn a multitude of kettlebell exercises with proper technique for strength cardio and conditioning.

**Kids Yoga** – Gives kids ages 5 – 12 a fun way to move and grow strong. They'll build coordination and practice calming yoga poses — all in a safe, energetic and kid-friendly environment. Limited to Family and Parent with Children memberships only.

**Myofascial Release** – A form of massage and physical therapy that applies pressure to trigger points to reduce muscle soreness, tension, and stiffness, as well as improve range of motion and blood circulation. Learn how to manage your pain from injuries, physical activity and more.

**Pilates** – Low impact workout and repetitive exercises with a focus on core strength and development.

**Power Yoga** – Combining Ashtanga with the flow of Vinyasa you will build strength and muscular endurance with this higher intensity yoga practice.

**Rise and Ride** – Start your day off right with a morning cycle workout by performing sprints and climbs. All experience levels welcome!

**Small Group Training (\$)** – Get a personal training experience at a more affordable cost. Each month you will progress specific movements, lifts, and types of workouts to improve your health, strength and confidence in the gym in a fun and supportive group setting.

**Total Body Strength** – Higher intensity class that hits every part of the body. Whether it's squats, lunges, rows, push-ups, deadlifts or core, you'll feel good all over.

**Turf Circuit Training** – Turf Circuit Training is a fast-paced workout on the turf that combines strength and cardio exercises in timed stations to build endurance, power and overall fitness.

**Vinyasa Yoga** – Dynamic and fluid style of yoga that emphasizes the synchronized movement of breath with a sequence of poses. Also known as "flow yoga," Vinyasa includes seamless transitions from one posture to another to improve strength, balance, stability and mobility.

**Xtreme Burn** – A high-intensity workout that mixes strength and cardio exercises to maximize calorie burn, boost endurance and build total-body strength.

**Yin Yoga** – Slower pace and meditative style of yoga where positions are held for a longer duration to target the deep fascia and connective tissue.

**Yoga-lates** – Just as the name says, get the best of both worlds with 30 minutes of yoga and 30 minutes of Pilates.

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