







# DACC Group Fitness Schedule

## FEBRUARY 2012

The DACC classes are subject to change or be cancelled due to low participation without notice. You must be 9yrs. old or older to join in on the fun. **PLEASE~** Do not wear dirty shoes into our studio. Lockers are available for ALL your belongings including (sports bags, coats, boots...etc) this poses safety issues if in studio during classes. There is a 10minute time limit policy for entering a class late. ***\*Extra Fee Applies. Ask front desk about details.*** >If the Duanesburg school district is closed or delayed 1-2 hours due to the weather, ALL morning classes will be cancelled.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6am	*  <b>SPINNING</b> Jill		*  <b>SPINNING</b> Sabrina		*  <b>SPINNING</b> Sabrina	8am	Cardio Blast Christine	
6:30am		Yoga/Pilates Fusion Dionne		Sunrise Yoga Christine		9am	Total Body Burn Darcie	
8am	Boot camp Sabrina	All About Arms/ Abs Darcie	Boot Camp Dionne	All About legs/Abs Darcie	20/20/20 Dionne	10am	Yoga Vinyasa/Blend Angela/Tammy	Pilates Christine
9am	NIA Patricia	Pilates Andrea	Pilates Susan S.	Yoga Vinyasa Dionne	Yoga/Pilates Fusion Dionne	11am		TurboKick Sharlene
10am	Gracefully Fit ( S ) Hannah	Gracefully Fit ( C ) Darcie	Gyrokinesis® Susan S.	Gracefully Fit ( S ) Darcie		12:15 pm		Circuit Training Hannah
11am		*ZUMBA Gold Colleen		*SPIN EXPRESS Darcie				
4pm	Roll Of The Dice Express Intervals Darcie	Yoga Express Christine	Roll Of The Dice Express Intervals Darcie	Yoga Express Christine				
5:15pm	*  <b>SPINNING</b> Darcie	*ZUMBA Gold Colleen	*  <b>SPINNING</b> Darcie	*ZUMBA Colleen	*  <b>SPINNING</b> Jill			
6:15pm	STEP Intervals Sue T.	20/20/20 Christine	Circuit Training Amy/Hannah	NIA Patricia	TurboKick Sharlene			
7:15pm	Kickboxing Drills Paula	Yoga Blend Bridget	Yoga Blend Tammy	Step Express Susan T.	Yoga Eclectic Vanessa			

Any Class Substitution/Cancellation (not including weather) will be posted on the Fitness Bulletin Board.