



**DAC Fitness Southaven**  
 3146 Goodman Road Southaven, MS 38672  
 662.349.0403 www.daclife.com  
 For questions contact Group Fitness Director  
 Callie Steward at calliesteward@hotmail.com

Class descriptions on back

Divi

## Group Fitness Class Schedule - Effective May 1, 2024

Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Callie 5:30am		<b>BODYCOMBAT</b> Callie 5:30am		<b>BODYPUMP</b> Callie 5:30am		
<b>CORE</b> Lucy 8:30am	<b>Glute Camp</b> Lucy 8:30	<b>YOGA</b> Lucy 8:15 am	<b>STEP</b> Tina 8:15am	<b>BOOTCAMP</b> Kendra 8:30am	<b>BODYCOMBAT</b> Candice 8:15am	
<b>STEP</b> Kendra 9:15am	<b>BODYPUMP</b> Lucy 9:30 am	<b>CARDIO COMBO</b> Cyrilla 9:15am	<b>BODYPUMP</b> Lucy 9:30 am	<b>CORE</b> Lucy 9:45am	<b>BODYPUMP</b> Minerva 9:30am	
<b>YOGA</b> Lucy 10:30	<b>YOGA STRETCH</b> Joyce 10:30 am		<b>YOGA/PILATES</b> Joyce 10:30am	<b>Yoga</b> Lucy 10:15 am	<b>ZUMBA</b> Minerva 10:30 am	<b>BODYPUMP</b> Rotating 2:00pm
	<b>BOOTCAMP</b> Cyrilla 12:00pm					
			<b>BODYBALANCE</b> LeeAnne 4:30			
<b>BODYPUMP</b> Elizabeth 5:30pm	<b>ZUMBA</b> Lashawnda 5:00pm	<b>BODYPUMP</b> Elizabeth 5:30pm	<b>CORE</b> LeeAnne 5:30	<b>GRIT</b> Lucy 5:00	<p>Wed night GRIT is in Team Training area. We have added a new class on Monday at 6:30pm called "HIIT Fusion".</p>	
<b>HIIT Fusion</b> Ashley 6:30 pm	<b>BODYCOMBAT</b> Candice 6:00pm	<b>GRIT CARDIO</b> Candice 6:30pm	<b>ZUMBA</b> Khaleah 6:00pm			
	<b>YOGA</b> Catherine 7:00pm	<b>ZUMBA</b> Khaleah 6:30pm				

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Club Revolution</b> Callie 5:30am		<b>Club Revolution</b> Sara 5:30am			
	<b>Beat Revolution</b> Tina 8:30am				<b>Divine Revolution</b> Lucy 8:30 am	
<b>Divine Revolution</b> Lucy 9:15am		<b>Divine Revolution</b> Lucy 9:15			<p><b>Notice:</b> Flashing lights are used in our cycle studio for Beat and Revolution classes.</p>	
<b>Club Revolution</b> Catherine 5:30pm	<b>Club Revolution</b> Jen 5:30pm		<b>Club Revolution</b> Catherine/Jen 6:00pm			

Aqua

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua for Arthritis</b> Sabrina 9:00am	<b>City of Southaven</b> Paula 9:00 am	<b>Aqua for Arthritis</b> Paula 9:00 am		<b>Aqua for Arthritis</b> Sabrina 9:00 am	<b>Aqua</b> Debbie 9:00am	
<b>Aqua</b> Sabrina 10:00 am	<b>Aqua</b> Paula 10:00am	<b>Aqua</b> Paula 10:00 am	<b>Aqua</b> Sabrina 10:00 am	<b>Aqua</b> Sabrina 10:00 am		
	<b>Aqua</b> Debbie 6:00pm		<b>Aqua</b> Debbie 6:00pm			

S.A.S

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers</b> Deb 9:00 am	<b>SilverSneakers Yoga</b> Joyce 9:00 am Racquetball Room	<b>SilverSneakers</b> Deb 9:00 am	<b>SilverSneakers Yoga</b> Joyce 9:00 Racquetball Room			
			<b>SilverSneakers</b> Joyce 11:30am			



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## Class Descriptions

### **CARDIO COMBO**

High energy athletic workout using interval training to maximize cardio output while also building strength and endurance.

### **BOOTCAMP**

An all around cardio and strength class that includes core work. It's great for all for all fitness levels.

### **BODYPUMP**

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! BODYPUMP was verified by the University of Auckland as the fastest body fat loss of any fitness class.

### **BODYCOMBAT**

Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner.

### **AQUA**

A no impact workout using the resistance of the water. Cardio, water weights, noodles and stretching are done in these classes. Great for arthritis and post-rehab.

### **SILVER SNEAKERS YOGA**

This class moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform movements.

### **YOGA**

Yoga is a mixed level class based on the YogaFit methodology. Define as you lengthen and strengthen your muscles. Rejuvenation for the mind and body.

### **BODYBALANCE**

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYBALANCE brings mind and body into the perfect harmony.

### **ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

### **STEP**

Traditional freestyle Step aerobics class which involves stepping up and down on a bench to the tempo of motivational music. Designed to improve cardio endurance and sculpt strong legs and glutes.

### **SILVER SNEAKERS**

Handheld weights, elastic tubing and balls are used for resistance and a chair is used for seating and standing support.

### **HYDRO-PILATES**

Non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture, & relieves stress.

### **YOGA-PILATES**

Our 1 hour class that combine both disciples of Yoga and Pilates with emphasis on alignment, breathing, developing a strong

### **BEAT REVOLUTION**

Beat Revolution seeks to combine the traditional type cycling class with more of a club type atmosphere.

### **CLUB REVOLUTION**

Club Revolution is a nontraditional type cycling class that seeks to combine various cycling styles, with club style music.

### **GLUTE CAMP**

Glute Camp is a 30 minute class that us designed to target your hips, glutes, and thighs

### **DIVINE REVOLUTION**

Divine Revolution is more of a traditional type cycling class.

### **CORE**

CORE is a scientific core workout for incredible core tone and sports performance.

### **HIIT Fusion**

HIIT Fusior is a fusion of strength and cardio movements using a variety of equipment (step, dumbbells, resisistance bands). Participants work at their own pace to timed intervals. Low and high options are provided allowing you to tailor your workout to your fitness level,