



DAC Fitness Southaven

3146 Goodman Road Southaven, MS 38672
662.349.0403 www.daclife.com

For comments or questions, contact Group Fitness Director: Amy Johndrow at: ajohndrow@daclife.com

Group Fitness Class Schedule - Effective December 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fitness Studio		BODYPUMP EXP 5:05am CX WORX 5:35am Lisa	BODYCOMBAT Callie 5:30am	INTERVAL Lisa 5:05am	BODYPUMP Callie 5:30am		
		CX WORX Elaine 8:00am			FREESTYLE ABS Tina 8:00am	BODYCOMBAT Kendall 8:30am (Paris)	
	BODYPUMP Tina 8:15am	BODYCOMBAT Malorie 8:30am	YOGA Lucy 8:15am	BODYCOMBAT Kendall 8:30am	BOOTCAMP Tina 8:30am	BODYPUMP Lisa 9:30am	
	STEP Tina 9:15am (45 mins)	ZUMBA Wendy 9:30am	CARDIO COMBO Cyrilla 9:15am	BODYPUMP Lucy 9:30am	CX WORX Lucy 9:30am		
	YOGA Lucy 10:00am	ZUMBA GOLD Paula 10:30am	DANCE-FIT Leigh 10:10am	YOGA Joyce 10:30am	BODYFLOW Lucy 10:00am (45 mins)		
		STRENGTH&CARDIO Cyrilla 12:00pm	YOGA Joyce 12:00pm				
	BODYCOMBAT Kendall 4:30pm		ZUMBA Khaleah 4:30pm				
	BODYPUMP Elizabeth 5:30pm	CARDIO COMBO Callie 5:00pm	CX WORX Elizabeth 5:30pm	BODYPUMP Callie 5:00pm			BODYPUMP Alternating 2:00pm
	INTERVAL Lisa 6:30pm	BODYCOMBAT Candice 6:00pm	BODYPUMP Elizabeth 6:00pm	ZUMBA Samantha 6:00pm			YOGA Joyce 3:00pm
		YOGA Joyce 7:00pm					
Cycle Studio	Zen Revolution Susan 5:05am	Club Revolution Callie 5:30am		Zen Revolution Susan 5:05am			
		Beat Revolution Tina 8:30am		Beat Revolution Tina 8:30am	RPM Kendall 8:30am	Zen Revolution Susan 8:30am	
	Divine Revolution Lucy 9:15am (45 mins)		Divine Revolution Lucy 9:15am				
	Club Revolution Callie 5:30pm			Club Revolution Callie 6:00pm			
Aqua	HydroPilates Sabrina 9:30am	Aqua for the City of Southaven 9:15am	Aqua for Arthritis Paula 9:30am	Aqua Yoga Joyce 9:30am		Aqua Debbie 9:00am	
	Aqua Leigh 10:30am	Aqua Leigh 10:30am	Aqua Paula 10:30am	Aqua Sabrina 10:30am	Aqua Sabrina 10:30am		
		Aqua Debbie 6:00pm		Aqua Debbie 6:00pm			

What's New for December:

- Canceled Wednesday 6pm Aqua
- Canceled Friday 5pm Zumba



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INTERVAL

This is an intermediate class that incorporates cardiovascular work, muscle conditioning, & other athletic drills to ensure a complete workout.

BODYCOMBAT

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. Designed to fight fat and kick calories, it is a great cardiovascular workout.

STRENGTH & CARDIO

Trying to get a good cardio workout in as well as getting a good strength workout can be seriously time consuming when done separately. Look no further, as both come together to create a brutal but fun sweatfest in this workout that takes under 60 minutes out of your day.

BOOTCAMP

An all around cardio/strength class including calisthenics, abdominals power walking /running, and functional strength moves. It's great for all!

BODYFLOW

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

RPM

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

CARDIO COMBO

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

Revolution is the unique cycling program exclusive to DAC Southaven. Our unique program combines various cycling instructors and formats, to give you a paramount workout with awesome calorie burning and supreme cardiovascular training. Each instructor brings his or her unique style of cycling, which promises to provide variety and diversity to your cycling workout. Some classes provide a more traditional type riding style that directly mimics outdoor riding, while other classes seek to provide a more "club" type atmosphere with choreographed moves and dance club type songs. Whatever your preference, we have just what you need. In addition, we use our exclusive training program MYZONE to enhance and compliment each workout. Here is a list of each class style. We invite you to check our schedule to fine the style and class that best fits your individual workout need. In addition, as there is a limited space in each class, we encourage you to use the DAC app to reserve a bike 1 hour before class time.

Zen Revolution: Zen Revolution offers a traditional type cycling class that seeks to directly mimic outdoor riding. In each class you will encounter a particular "ride". These rides can include a "Tour De France" type ride, a "Strength" type ride, or an "endurance" type ride, just to name a few. In this class you are encouraged to visualize your ride and become one with the bike. This class has more of a "Zen" type feel and the music is more for background to enhance the ride experience. If you are an outdoor rider or want to experience more of an outdoor type ride, this is the class for you. This class does not use the "club style" lighting, but seeks to provide a more tranquil atmosphere with only dim background lights.

Divine Revolution: Divine Revolution is more of a traditional type cycling class. Each class is structured to work the heart in three energy zones: endurance, strength, and interval. Each class has a particular goal and purpose and seeks to help each person accomplish these goals. This class has a "divine" atmosphere, and the music in this class is more for background to enhance the ride experience. This class is excellent if you enjoy outdoor riding or would like this type of cycling experience. This class does use lights and seeks to provide the most enjoyable and purposeful ride possible.

Beat Revolution: Beat Revolution seeks to combine the traditional type cycling class with more of a club type atmosphere. Beat Revolution combines the basic principles of Spin, with recognizable, upbeat songs and music. The class uses the "club style" lights to make the ride more enjoyable. This class is excellent if you want more of a "club" style atmosphere along with your riding experience.

Club Revolution: Club Revolution is a nontraditional type cycling class that seeks to combine various cycling styles, with club style music. Club Revolution uses a variety of cycling styles from some of the more popular cycling programs and studios. This class has songs which are choreographed to music that is recognizable and has high energy. It provides a "club" type atmosphere using the lights and music to enhance the ride experience. This class is excellent if you want a more "club" style experience for your cycling workout.

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.

ZUMBA GOLD

Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

BODYPUMP

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

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

DANCE-FIT

Dance style aerobics designed to build cardio endurance and have fun at the same time. This class is for all levels.

CX WORX & FREESTYLE ABS

The 30 minute core work out that enables you to run faster, play harder and stand stronger.