



## DAC Fitness Collierville

440 West Powell Road, Collierville, TN 38017

901.861.2110 www.daclife.com

Questions: Michelle McMath (Group Fitness Director) at mmcmath@daclife.com

### Group Fitness and Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BODYSHOCK</b> Taylor 5:45am	<b>BODYCOMBAT</b> Kendall 5:45am		<b>BODYSHOCK</b> Taylor 5:45am		
	<b>BODYFLOW</b> Cheryl 8:00am		<b>CORE 30</b> Shannon 8:45am	<b>BODYFLOW</b> Cheryl 8:15am	<b>BODYPUMP</b> Michelle 8:15am	
<b>SPINNING</b> Shannon 9:15am	<b>BODYSHOCK</b> Taylor 9:00am		<b>BODYPUMP</b> Shannon 9:15am	<b>P90X</b> Linda 9:15am	<b>SPINNING</b> Sheila/Greg 9:15am	
		<b>DANCE FUSION</b> Samantha 10:15am			<b>STEP&amp;COMBAT</b> Michelle 9:30am	
<b>YOGA</b> Taylor 4:30pm	<b>BODYPUMP</b> Lauren 4:30pm	<b>BARRENONE</b> Fariss 4:30pm	<b>YOGA</b> Joyce 4:30pm			<b>BODYPUMP</b> Lauren 2:00pm
<b>COMBAT&amp;CORE</b> Michelle 5:30pm	<b>BODYSTEP</b> Michelle 5:30pm	<b>BODYPUMP</b> Lauren 5:30pm	<b>BODYCOMBAT</b> Michelle 5:30pm	<b>DANCE FUSION</b> Samantha 5:15pm		<b>BODYFLOW</b> Lauren 3:00pm
<b>SPINNING</b> Sheila 5:30pm						
<b>BODYSHOCK</b> Michelle 6:30pm	<b>CORE 30</b> Michelle 6:30pm	<b>BODYFLOW</b> Lauren 6:30pm				

### August 1st Schedule - What's New?

- Monday BodyPump 10:15am has been cancelled.
- Tuesday BodyFlow will begin at 8:00am.
- Tuesday BodyShock will begin at 9:00am and will be 1 hour.
- Friday BodyFlow moved to 8:15am (still on Friday).



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## **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 that's all out fun.

## **BODYFLOW**

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

## **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 providing the fastest body fat loss of any fitness class.

## **BODYSTEP**

BODYSTEP is the ultimate way to give your body a high energy cardioblast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes.

## **BODYSHOCK**

BodyShock is a dynamic cardiovascular and muscular strengthening workout that will have you stepping, jumping, Lunging, pushing, pulling, and running. Expect cardio and weight training. BodyShock will help you tone to the level you desire. Burn calories while gaining lean muscle. Increase strength by targeting every muscle group!

## **BARRE NONE**

Barre None fuses the very best of pilates, yoga, aerobics, and strength training. You don't need to worry about dance experience. Barre None is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

## **CORE 30**

CORE 30 is our 30 minute abdominals class that trains all the muscles around the core. It also targets the glutes, hips, and lower back. A stronger core makes you better at all things you do, from everyday life to your favorite sports.

## **COMBAT&CORE**

This is a 60 minute class with a mixture of Body Combat and Core 30. The first 30 minutes will be Body Combat and the last 30 minutes will be Core 30. Come to both or just one - it's optional.

## **DANCE FUSION**

This isn't a "dance class", but a high energy fitness class WITH dance moves to sweat off the fat while having fun! We may even sneak in some real workouts...burpees and squats in a dance class? OH YEAH!

## **P90X**

Created by Trainer Tony Horton, P90X® allows you to build total-body strength, improve cardio conditioning, and break through fitness plateaus. It consists of cardio, weight training, and core conditioning all in one class. It's a one stop shop for the total body workout.

## **SPINNING**

Indoor cycling class to improve muscular/cardiovascular endurance. This program utilizes motivation, mental training techniques and the most thoroughly tested cycling and instructional techniques available. This program welcomes participants of all fitness levels. Members are encouraged to call the club up to 1 hour prior to class to reserve their bike.

## **STEP&COMBAT**

This is a 60 minute class with a mixture of Body Step and Body Combat. Core conditioning and stretching will always polish off this great 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.