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 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODY SHOCK Taylor 5:45am	BODYCOMBAT Kendall 5:45am		BODY SHOCK Taylor 5:45am		
Mid-Morning Classes						
	BODYFLOW Cheryl 8:15am		CORE 30 Shannon **8:45am**		BODYPUMP Michelle 8:15am	
SPINNING Shannon 9:15am	BODY SHOCK Taylor 9:15am **(45 mins)**		BODYPUMP Shannon 9:15am	SPINNING Jill 9:15am	CARDIO COMBO Michelle 9:30am	
		DANCE FUSION Samantha 10:15am		BODYFLOW Cheryl 10:15am		
Evening Classes						
YOGA Taylor 4:30pm	BODYPUMP Lauren 4:30pm	CORE 30 Jill **4:45pm**				BODYPUMP Lauren 2:00pm
BODYCOMBAT Malory 5:30pm	BODYSTEP Michelle 5:30pm	BODYPUMP Lauren 5:30pm	BODYCOMBAT Michelle 5:30pm	DANCE FUSION Samantha **5:15pm**		BODYFLOW Lauren 3:00pm
BODYPUMP Michelle 6:30pm	CORE 30 Michelle 6:30pm	BODYFLOW Lauren 6:30pm				

Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPINNING Shannon 9:15am				SPINNING Jill 9:15am	SPINNING Sheila/Greg 9:15am	
Evening Classes						
SPINNING Sheila 5:30pm		SPINNING Greg 5:30pm				

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You asked! We listened! More options will mean more opportunity to meet your goals! Support these classes to support your fitness needs!

What's New for May?

-Moved Monday 8:15am Body Flow to Tuesday 8:15am
-Added Body Shock on Tuesday 9:15am
-Added Core 30 on Thursday 8:45am
-Added Body Flow on Friday 10:15am
-Moved Friday Dance Fusion to 5:15pm

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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.

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.

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.

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.

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.

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.

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!

CARDIO COMBO

Cardio "Combo" is our 1 hour HIGH intensity cardiovascular class consisting of exercises taken from various Les Mills formats. It consists of step, cardio kickboxing, and hi/low impact aerobics. We finish with core conditioning and stretching. Are you up for the challenge?

BODYSHOCK

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