

# SPRING 2019 GROUP FITNESS SCHEDULE

FITNESS & AQUATICS CENTER



DAY	TIMES	CLASS DESCRIPTION
MON.	11:15 AM – 12:00 PM	<b>WATER AEROBICS</b> <i>A multi-level total class that provides cardio and strength training with the use of a variety of water resistance equipment.</i>
	12:30 PM – 1:15 PM	<b>BURN &amp; SCULPT</b> <i>A complete cardio workout that combines step and strength intervals with a variety of movement styles and equipment.</i>
TUES.	12:30 PM – 1:15 PM	<b>GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME</b> <i>Experience an express 45 minute high-intensity circuit workout that combines weight training, plyometrics and functional movements with limited rest, giving you maximal calorie burn and increased metabolic rate during post workout.</i>
WED.	11:15 AM – 12:00 PM	<b>WATER AEROBICS</b>
	12:30 PM – 1:15 PM	<b>BURN &amp; SCULPT</b>
THURS.	12:30 PM – 1:15 PM	<b>GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME</b>
FRI.	7:00 AM – 7:45 AM	<b>YOGA</b> <i>Yoga combines both posture and breathing techniques to aid in fitness, stress relief, wellness, vitality, mental clarity, healing, peace of mind and spiritual growth. Open to all levels!</i>
	11:15 AM – 12:00 PM	<b>WATER AEROBICS</b>
	12:30 PM – 1:15 PM	<b>ZUMBA</b> <i>Dance to Latin and International Style music while burning calories and having fun in this party-style workout.</i>

## 2018 FALL SESSION DATES

JANUARY 7<sup>th</sup> – MAY 24<sup>th</sup>

NO CLASSES ON THE FOLLOWING DAYS/WEEKS:

- MARTIN LUTHER KING Jr DAY (Jan 21<sup>st</sup>)
- SPRING BREAK (March 11<sup>th</sup>-15<sup>th</sup>)

ALL CLASSES SUBJECT TO CHANGE



Scan the QR Code with your phone  
& like our Facebook page!



All of our group classes are open to the public. For Daytona State College students with a current Fitness & Aquatics Center membership classes are FREE, otherwise class fees are:

**\$25/month or \$60 for the ENTIRE semester of classes!**