

GROUP FITNESS SCHEDULE

FITNESS & AQUATICS CENTER



DAY	TIMES	CLASS DESCRIPTION
MON.	11:15 PM – 12:00 PM	WATER AEROBICS <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	GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME <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>
TUES.	12:30 PM – 1:30 PM	BURN & SCULPT <i>A complete cardio workout that combines step and strength intervals with a variety of movement styles and equipment.</i>
	5:30 PM – 6:15 PM	WATER AEROBICS
WED.	11:15 AM – 12:00 PM	WATER AEROBICS
	12:30 PM – 1:30 PM	ZUMBA <i>Dance to Latin and International Style music while burning calories and having fun in this party-style workout.</i>
THURS.	12:30 PM – 1:30 PM	BURN & SCULPT
	5:30 PM – 6:15 PM	WATER AEROBICS
FRI.	7:00 AM – 7:45 AM	YOGA <i>A high intensity, cardio fused yoga workout to improve body strength and endurance.</i>
	12:30 PM – 1:15 PM	GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME
	11:15 AM – 12:00 PM	WATER AEROBICS

2017 FALL SESSIONS

SEPTEMBER 11 – OCTOBER 20
OCTOBER 23 – DECEMBER 16*

*No classes November 20 – 24

2018 SPRING SESSIONS

JANUARY 8 – FEBRUARY 16
FEBRUARY 19 – APRIL 6**
APRIL 9 – MAY 18

**No classes March 12 - 16

2018 SUMMER SESSIONS

JUNE 4 – JULY 20
JULY 23 – AUGUST 31

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:

# OF CLASSES	1	2	3	4	5	6
TOTAL FEES PER SESSION	\$25	\$40	\$50	\$60	\$70	\$80

For more information, follow us on Facebook or visit DaytonaState.edu/Fitness_Ctr/