

# GroupX



Schedules online at [www.ddaonline.com](http://www.ddaonline.com)

Thank you, Instructors!

High Energy	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:50 AM	BODY COMBAT	BODYPUMP	BODY FLOW	BODYPUMP	BODY STEP		
	8:00 AM			BODYPUMP		BODY VIVE	BODYPUMP	BODY STEP
	9:15 AM	BODYPUMP	BODY COMBAT	BODY JAM	LES MILLS BODYATTACK	BODYPUMP	BODY JAM	BODY VIVE
	10:30 AM	Body Step Light	BODY VIVE	BODY FLOW	Body Step Light			
	11:45AM		Silver Sneakers		Silver Sneakers			
	Noon	BODYPUMP		CircuitFIT		BODYPUMP		
	4:30 PM	BODY STEP	BODY FLOW	BODYPUMP	CircuitFIT			
	5:30 PM					BODYPUMP		
	5:45 PM	BODYPUMP	LES MILLS BODYATTACK	BODY COMBAT	BODY FLOW			

Mind Body	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00 AM						BODY FLOW	
	9:15 AM			*Gentle Yoga	BODY FLOW	*Gentle Yoga		
	10:30 AM	Silver Sneakers Yoga		Silver Sneakers Cardio				
5:30PM	*Power Yoga							

Cycle	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:50 AM	rpm	Cycle Therapy **5:30am**	Cycle Therapy		Cycle Therapy		
	9:15 AM						rpm	
	9:30 AM	Cycle Therapy	rpm	Cycle Therapy		Cycle Therapy		
4:30 PM		Cycle Therapy		Cycle Therapy				

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM			Running Club				
	9:00 AM	Waves in Motion		Waves in Motion		Waves in Motion		
	10:00 AM	Silver Waves		Silver Waves		Silver Waves		
5:45 PM								

Please notify your instructor prior to participation if you have health concerns.

GroupX Director  
851-7171 x 266  
[groupx@ddaonline.com](mailto:groupx@ddaonline.com)

Schedule subject to change  
\*Please bring a mat

Effective February 2nd, 2010