Group Exercise

DOWNTOWN ATHLETIC CLUB

★ = NEW

June 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DOWNTOWN ATHLETIC CLUB 305.358.9988 FREE Parking Southeast Financial Tower 200 S. Biscayne Blvd, Ste 15A getfitmiami.com	POWER TRAIN 7 - 8 AM *Lisa Conner* *Studio A*		POWER TRAIN 7 - 8 AM *Lisa Conner* *Studio A*	★ ELITE MONSTER FITNESS 7 - 8 AM *Mike Olmedo* *Studio A*	
	★ SPINNING 7 - 8 AM *TBA* *Spinning Studio*	BURN-IT-CIRCUIT 7 - 8 AM *Miguel Guerra* *Studio A*	★ SPINNING 7 - 8 AM *Robert Gooding* *Spinning Studio*	BOX 2B FIT 7 - 8 AM *Isaac Saiz* *Studio B*	SPINNING 9:30 - 10:30 AM *Robert Gooding* *Spinning Studio*
					Latin Rhythms 10 - 11 AM *Miguel* *Studio A*
TBT SCULPT 12:30 - 1:30 PM *Omar Suarez* *Studio A*	ROCKHARD WORKOUT 12:15 -1:15 PM *Tania Amthor* *Studio A*	TBT SCULPT 12:30 - 1:30 PM *Omar Suarez* *Studio A*	ROCKHARD WORKOUT 12:15 -1:15 PM *Tania Amthor* *Studio A*	POWER LUNCH 12:30 - 1:30 PM *Lisa Conner* *Studio A*	BODY FORGING 10:30 - 11:30 AM *Georgette Dewey* *Studio B*
SPINNING 12:45 - 1:45 PM *Tania Amthor* *Spinning Studio*	CRANK 12:30 - 1:30 PM *Lisa Conner* *B-Ball Court*	SPINNING 12:30 - 1:30 PM *Robert Gooding* *Spinning Studio*	CRANK 12:30 - 1:30 PM *Lisa Conner* *B-Ball Court*	SPINNING 12:30 - 1:30 PM *Robert Gooding* *Spinning Studio*	
WOMEN ON WEIGHTS 1:30 - 2:30 PM *Lisa Conner* *Fitness Center (reserve)*		WOMEN ON WEIGHTS 1:30 - 2:30 PM *Lisa Conner* *Fitness Center (reserve)*		WOMEN ON WEIGHTS 1:30 - 2:30 PM *Lisa Conner* *Fitness Center (reserve)*	
SALSA 12:30 - 1:30 PM *Yazz* *Studio B*		★ ABS n' STRETCH 12:30 to 1:30 PM *Tania Amthor* *Studio B*		★ ZUMBA 12:30 - 1:30 PM *Eusebio Perez* *Studio B*	
MAT PILATES 5:15 - 6 PM *Lisa Conner* *Studio A*	TIGHTLY TONED ABS 5:30 - 6 PM *Kara Keasling* *Studio A*	BODY IN BALANCE 5:30 - 6 PM *Thomas Terrell* *Studio A*	TIGHTLY TONED ABS 5:30 - 6 PM *Kara Keasling* *Studio A*		
BOOT CAMP WOLFPACK 6 - 7 PM *Willie Lewis* *Studio A*	ZUMBA 6 - 7 PM *Liz Martinez* *Studio A*	TEAM-X-TREME 6 - 7 PM *Omar Suarez* *Studio A*	DANCE RHYTHMS 6 - 7 PM *Miguel Guerra* *Studio A*		**Sunday** Beginner Boot Camp 9:00 AM *Eric Martinez* *FEE Based*
		CASA SALSA 6 - 8 PM *Casa Salsa* *Studio B - Fee Based*	BACK TO BUTTS 6 - 7 PM *Brittany - Meet on Track* *Now One Hour*		Intermed. Boot Camp 11:00 AM *Eric Martinez* *FEE Based*
SPINNING 6:30 - 7:30 PM *Robert Gooding* *Spinning Studio*	SPINNING 6 - 7 PM *Robert Gooding* *Spinning Studio*	EXECUTIVE CIRCUIT 6:15 to 7 PM *Mauricio Toro* *Meet on Track*	★ SPINNING 6:15 to 7:15 PM *Stacey Banick* *Spinning Studio*		Advanced Boot Camp 1:00 PM *Eric Martinez* *FEE Based*
	BODY FORGING 6:30 to 7:30 PM *Georgette Dewey* *Studio B*	SPINNING 6:30 - 7:30 PM *Robert Gooding* *Spinning Studio*	BODY FORGING 6:30 to 7:30 PM *Georgette Dewey* *Studio B*		Mad Men 2:15 PM *Eric Martinez* *FEE Based*

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Class Descriptions

With Membership Classes are included in your basic membership to the DAC. These classes do not cost anything additional and are open to the public for a drop-in class fee.

BACK TO BUTTS: You asked for it and now you have it! Back to Butts with Brittany is back. 30 min butt, 30 min abs

BODYFORGING: BodyForging™ is a blend of Power Yoga, Pilates , Martial Arts & Tai Chi. BodyForging™ builds mind and body, stretches tight muscles and relaxes the mind. Classes take place in Studio B. All levels welcome

BODY IN BALANCE: A 30 minute classes designed to help you stretch, strengthen your core and put your body back in alignment.

BOOT CAMP WOLFPACK EDITION: A total body workout that makes CrossFit look like a child's play day, this will leave you exhausted but feeling great. This class is one of the more popular classes on the schedule so come early and bring a towel and water.

BOX 2B FIT: An exceptional martial arts based class using traditional boxing techniques. Bring your gloves and your stamina, you will need both! Instructors Carol & Isaac are two top personal trainers and fitness models.

BURN IT CIRCUIT: Miguel brings his outstanding teaching skills to this hot new class designed to ramp your metabolism early in the day and keep the calories burning throughout the day.

CRANK: The perfect lunchtime, total body sculpting, toning and cardio class in the PX 90 style. This class has it all. Meets on b-ball court.

DANCE RHYTHMS: Dance like a pro with Miguel and Dance Rhythms. This is one sexy Latin based dance class!

DANCE TRIBAL LAB: One of the hottest classes to hit South Florida ever! Dance to global tunes & calories melt in this unique and exciting dance class.

ELITE MONSTER FITNESS: The brainchild of elite trainer Michael Olmedo this bootcamp style class is dedicated to getting you lean, mean and looking your best.

EXECUTIVE CIRCUIT: A great sculpting class using the hottest exercise s out there. This class is a must for fun, variety & results! This class is completely unlike anything else on the schedule.

LUNCHTIME ABS n' STRETCH: Join instructor Tania Amthor every Wednesday from 12:30 to 1:30 PM in Studio B for our new "Lunch Abs n' Stretch" class - a perfect mid day class designed to send you back to the office reinvigorated.

MAT PILATES: Work from the inside out with this exceptional mat based class. 45 minutes of pure CORE conditioning.

POWER LUNCH: Muscle strengthening and endurance workout for the entire body. Flexibar used in this class.

POWER TRAIN: An exceptional way to begin your day. Full body toning and sculpting under the direction of personal trainer and butt kicking specialist Lisa Conner. Studies show that a good early morning workout will keep you burning more calories all day long.

RHUMBA: A hot new Monday class, Rhumba provides you with a fun and effective workout by dancing your way to tone muscles and lost lbs. All welcome!

ROCKHARD WORKOUT: A powerful 60 minute class with sculpt, step, cardio, dance - this class has it all! Enjoy working out with Tania to hot club tunes and walk away feeling great. Rockhard is a lunchtime favorite.

SALSA: This is one sexy and effective class. Concentration and discipline create this high level cardio class where movements that include the whole body help you develope those sexy muscles you are looking for.

SPINNING: Cycle your way to a stronger body, mind & spirit with this incredible group class. All levels welcome. 25 brand new bikes!

TBT SCULPT: Muscle strengthening and endurance workout for the entire body with certified personal trainer Omar's unique flair. Not a dance based class.

TEAM XTREME: Team Xtreme offers you the total body workout, part boot camp, part olympic training center, this class is perfect for anyone looking to get in top shape quickly and safely.

TIGHTLY TONED ABS: A fun but intense 30 minute workout designed to tone the abdominals and core muscle groups.

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba®program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

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