

FALL 2019

GROUP FITNESS SCHEDULE

FITNESS & AQUATICS CENTER



DAY	TIMES	CLASS DESCRIPTION
MON.	11:15 AM – 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	BURN & SCULPT <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	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>
WED.	11:15 AM – 12:00 PM	WATER AEROBICS
	12:00 PM – 12:45 PM	LIFT & LEARN (Held in Fitness Center) <i>Gain confidence and knowledge as you learn the amazing benefits of adding weightlifting to your workouts. This class takes place in the DSC gym in a small group personal training setting. All levels welcome!</i>
THURS.	12:30 PM – 1:15 PM	GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME
	11:15 AM – 12:00 PM	WATER AEROBICS
FRI.	12:30 PM – 1:15 PM	BURN & SCULPT <i>A complete cardio workout that combines step and strength intervals with a variety of movement styles and equipment.</i>

2019 FALL SESSION DATES

SEPT 3rd – DEC 6th

NO CLASSES ON THE FOLLOWING DAYS/WEEKS:

- THANKSGIVING HOLIDAY – Nov. 28th & 29th

ALL CLASSES SUBJECT TO CHANGE



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WELLNESS FACILITY HOURS

FITNESS CENTER

MONDAY – FRIDAY: 7 A.M. – 7 P.M.
FRIDAY: 7 A.M. – 5 P.M.

AQUATIC CENTER

MONDAY – FRIDAY: 9 A.M. – 7 P.M.
FRIDAY: 9 A.M. – 5 P.M.

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!