

SPRING 2020

GROUP FITNESS SCHEDULE

FITNESS & AQUATICS CENTER



DAY	TIMES	CLASS DESCRIPTION
MON.	11:15 AM – 12:00 PM	WATER AEROBICS A multi-level total class that provides cardio and strength training with the use of a variety of water resistance equipment.
	12:30 PM – 1:15 PM	BURN & SCULPT A complete cardio workout that combines step and strength intervals with a variety of movement styles and equipment.
TUES.	12:30 PM – 1:15 PM	GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME 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.
WED.	11:15 AM – 12:00 PM	WATER AEROBICS
	12:00 PM – 12:45 PM	LIFT & LEARN (Held in Fitness Center) 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!
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	ZUMBA Dance to Latin and International Style music while burning calories and having fun in this party-style workout.

SPRING 2020 SESSION DATES

SEPT 3rd – DEC 6th

NO CLASSES ON THE FOLLOWING DAYS/WEEKS:

MARTIN LUTHER KING JR DAY: Jan 20th

SPRING BREAK: Mar 9-th-13th

EASTER HOLIDAY: April 10th

ALL CLASSES SUBJECT TO CHANGE

WELLNESS FACILITY HOURS



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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!