

Foundations For beginner levels of fitness. An introduction to our Afterburn workout.

Afterburn

Maximize calorie burn & increase metabolic rate.

Industrial Strength

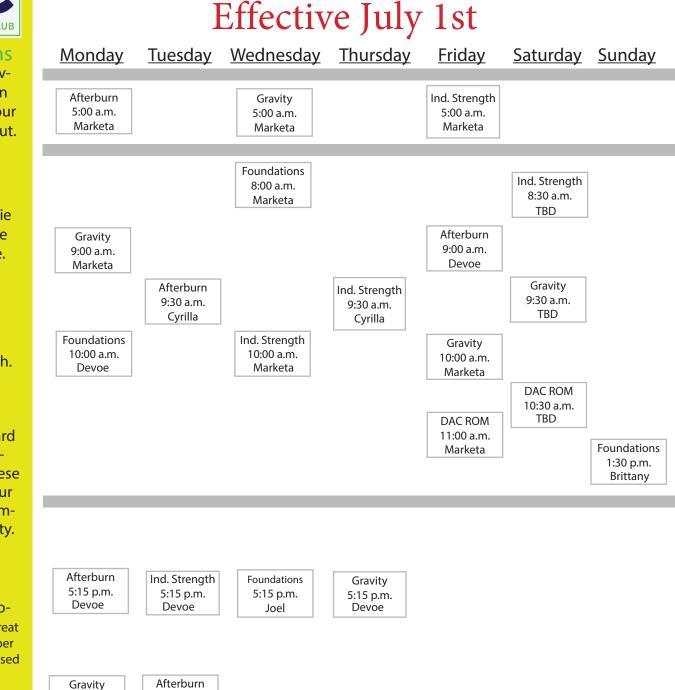
Focused on building strength.

Gravity

Using a glideboard on a cable-andpulley system, these exercises use your body weight combined with gravity.

DAC ROM

This range of motion session is a great combination of upper and lower body focused stretches.



Team Training Program Schedule



DAC Fitness Southaven

6:15 p.m.

Devoe

6:15 p.m.

Devoe

3146 Goodman Road

662-349-0403

daclife.com