



**DAC Fitness Southaven**  
 3146 Goodman Road Southaven, MS 38672  
 662.349.0403 www.daclife.com  
 For questions contact Group Fitness Director  
 Callie Steward at calliesteward@hotmail.com

Class descriptions on back

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## Group Fitness Class Schedule - Effective November 1, 2024

Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BODYPUMP</b> Callie 5:30am		<b>ZUMBA</b> Callie 5:30am	<b>Los Mills Pilates</b> LeeAnne 5:30am	<b>BODYPUMP</b> Callie 5:30am		
	<b>CORE</b> Lucy 8:30am	<b>Glute Camp</b> Lucy 8:30	<b>YOGA</b> Lucy 8:15 am	<b>STEP</b> Tina 8:15am	<b>BOOTCAMP</b> Kendra 8:30am	<b>BODYCOMBAT</b> Candice 8:15am	
	<b>STEP</b> Kendra 9:15am	<b>BODYPUMP</b> Lucy 9:30 am	<b>CARDIO COMBO</b> Cyrilla 9:15am	<b>BODYPUMP</b> Lucy 9:30 am	<b>CORE</b> Lucy 9:45am	<b>BODYPUMP</b> Minerva 9:30am	
	<b>YOGA</b> Lucy 10:30				<b>Yoga</b> Lucy 10:15 am	<b>Les Mills Pilates</b> Minerva 10:30 am	<b>Strength Development</b> Rotating 2:15 pm
							<b>YOGA</b> Lee Anne 3:15
		<b>BOOTCAMP</b> Cyrilla 12:00pm					
	<b>Les Mills Pilates</b> LeeAnne 4:30pm			<b>BODYBALANCE</b> LeeAnne 4:30		<p>Be sure to check out our newest class, Les Mills Pilates on Monday at 4:30pm, Wednesday at 6:30pm (located in the Team Training area), Thursday at 5:30 am, and Saturday at 10:30 am.</p>	
<b>BODYPUMP</b> Elizabeth 5:30pm	<b>ZUMBA</b> Lashawnda 5:00pm	<b>Strength Development</b> Elizabeth 5:30pm	<b>CORE</b> LeeAnne 5:30				
<b>HIIT Fusion</b> Sherita 6:30 pm	<b>BODYCOMBAT</b> Candice 6:00pm	<b>Les Mills Pilates</b> Candice 6:30pm	<b>ZUMBA</b> Khaleah 6:00pm				
	<b>YOGA</b> Catherine 7:00pm	<b>ZUMBA</b> Khaleah 6:30pm					

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Club Revolution</b> Callie 5:30am		<b>Club Revolution</b> Sara 5:30am			
		<b>Beat Revolution</b> Tina 8:30am				<b>Divine Revolution</b> Lucy 8:30 am	
<b>Divine Revolution</b> Lucy 9:15am			<b>Divine Revolution</b> Lucy 9:15			<p><b>Notice:</b> Flashing lights are used in our cycle studio for Beat and Revolution classes.</p>	
<b>Club Revolution</b> Catherine 5:30pm	<b>Club Revolution</b> Jen 5:30pm		<b>Club Revolution</b> Catherine 6:00 pm				

Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua for Arthritis</b> Sabrina 9:00am	<b>City of Southaven</b> Paula 9:00 am	<b>Aqua for Arthritis</b> Paula 9:00 am		<b>Aqua for Arthritis</b> Sabrina 9:00 am		<b>Aqua</b> Debbie 9:00am	
<b>Aqua</b> Sabrina 10:00 am	<b>Aqua</b> Paula 10:00am	<b>Aqua</b> Paula 10:00 am		<b>Aqua</b> Sabrina 10:00 am	<b>Aqua</b> Sabrina 10:00 am		
	<b>Aqua</b> Debbie 6:00pm			<b>Aqua</b> Debbie 6:00pm			

S.A.S

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers</b> Renee 9:00 am			<b>SilverSneakers</b> Renee 9:00 am				



**DAC Fitness Southaven**  
3345 Goodman Road Southaven, MS 38672  
662.285.0425 www.dacfit.com  
For operations contact Group Fitness Director  
Cathy Stewart at catherineaw@mac.com

## Class Descriptions

### **CARDIO COMBO**

High energy athletic workout using interval training to maximize cardio output while also building strength and endurance.

### **BOOTCAMP**

An all around cardio and strength class that includes core work. It's great for all for all fitness levels.

### **BODYPUMP**

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! BODYPUMP was verified by the University of Auckland as the fastest body fat loss of any fitness class.

### **BODYCOMBAT**

Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner.

### **AQUA**

A no impact workout using the resistance of the water. Cardio, water weights, noodles and stretching are done in these classes. Great for arthritis and post-rehab.

### **SILVER SNEAKERS YOGA**

This class moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform movements.

### **YOGA**

Yoga is a mixed level class based on the YogaFit methodology. Define as you lengthen and strengthen your muscles. Rejuvenation for the mind and body.

### **BODYBALANCE**

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYBALANCE brings mind and body into the perfect harmony.

### **ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

### **STEP**

Traditional freestyle Step aerobics class which involves stepping up and down on a bench to the tempo of motivational music. Designed to improve cardio endurance and sculpt strong legs and glutes.

### **SILVER SNEAKERS**

Handheld weights, elastic tubing and balls are used for resistance and a chair is used for seating and standing support.

### **HYDRO-PILATES**

Non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture, & relieves stress.

### **Les Mills Pilates**

Les Mills Pilates is a 45-minute workout that combines traditional Pilates movements with modern music, coaching, and a focus on breath and mobility.

### **BEAT REVOLUTION**

Beat Revolution seeks to combine the traditional type cycling class with more of a club type atmosphere.

### **CLUB REVOLUTION**

Club Revolution is a nontraditional type cycling class that seeks to combine various cycling styles, with club style music.

### **GLUTE CAMP**

Glute Camp is a 30 minute class that us designed to target your hips, glutes, and thighs

### **DIVINE REVOLUTION**

Divine Revolution is more of a traditional type cycling class.

### **CORE**

CORE is a scientific core workout for incredible core tone and sports performance.

### **HIT Fusion**

HIT Fusion is a fusion of strength and cardio movements using a variety of equipment (step, dumbbells, resistance bands). Participants work at their own pace to timed intervals. Low and high options are provided allowing you to tailor your workout to your fitness level.

### **Strength Development**

**LES MILLS STRENGTH DEVELOPMENT** is progressive strength training, meaning each workout focuses on a specific training protocol for building strength over the 12 workouts. This ranges from Foundational Strength, to Hypertrophy, to Pure Strength, while the structure and feel is very different to BODYPUMP.

### **Functional Strength**

**LES MILLS FUNCTIONAL STRENGTH** is a series of full-body workouts that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements to challenge members in new ways - all while improving coordination, stability, and strength symmetry.

A strength-based, full-body workout that uses dynamic, loaded moves that will build athletic strength and overall fitness as well as increase muscle tone.