

Dothan Athletic Club

(334) 699-1069

dothanathleticclub.com



Hours

Mon-Fri 4AM-10PM

Saturday 8AM-8PM

Sunday 12PM-8PM

Babysitting

Mon-Fri 8AM-12PM

Mon-Thurs 4PM-7PM

Group Fitness Class Schedule for December 2024!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30 AM	HITCYCLE	BUILD & BURN EXPRESS	HIITCYCLE	BUILD & BURN EXPRESS		
6:45-7:45 AM		YOGA		YOGA		
8:00-9:00AM						DANCE PARTY
8:15-9:15 AM	POWER UP	KICKBOXING	BUILD & BURN	KICKBOXING	POWER UP	
9:00-10:00 AM						YOGA
9:00-10:00 AM						CYCOLOGY
9:15-10:15 AM		YOGA		YOGA	BUTTS & GUTS	
9:30-10:45 AM	CYCOLOGY		CYCOLOGY			
10:00-11:00 AM					CYCOLOGY	
5:30-6:30 PM	CIRCUIT	CIRCUIT	DANCE PARTY	DANCE PARTY		
6:30-7:30 PM	YOGA	DANCE PARTY		YOGA		

All participants exercise at their own risk. **Changes or updates during the week are posted on our Facebook.**

- **BUILD & BURN: (60min- Express: 30min)** An hour-long total body conditioning workout, targeting both strength and endurance. Express class is 30 minutes.
- **YOGA** A *mind* and body practice. It involves movement, meditation and breathing techniques to promote mental and physical wellbeing.
- **BUTTS & GUTS: (60min)** A special focus class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high-impact workout.
- **KICKBOXING: (60min)** A high energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories a class!
- **POWER UP: (45-60min)** A workout set to music that uses isometric and slow movements combined with speed movements. This workout will hit all the major muscle groups!
- **DANCE PARTY: (45-60min)** aerobic fitness program featuring movements inspired by various styles of dance
- **CYCOLOGY: (45-60min)** A fun, high-energy, high endurance, low impact indoor cycling class. This class is included with the "All In" membership. Saturday and Sunday classes are subject to change.
- **HIITCYCLE: (30min)** High energy 30-minute indoor cycling class designed to get your heart rate into the anaerobic threshold for 20 minutes so you will be burning calories well after class is over! This class is only included with the "All In" membership. \$5.00 drop-in rate for those without "All In."

Personal Trainers:

Monica Gondim - Certified Personal Trainer

Valerie D'Ambrosio – Personal trainer