



Dothan Athletic Club
 334-699-1069
www.dothanathleticclub.com

Hours of Operation:
 Monday-Friday 4AM – 10PM
 Saturday 8AM – 8PM
 Sunday 12PM – 8PM

Babysitting:
 Monday- Friday 8AM-10AM
 4PM- 7PM

Group Fitness Class Schedule for August 30-September 5, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 AM						
6:00-6:30 AM	HIITCYCLE	HIIT	HIITCYCLE	HIIT		
8:15-9:15 AM	Power Up	Kickboxing	Circuit	Kickboxing	Power Up	
8:15-9:15 AM					HIITCYCLE	
8:30-9:00 AM						
8:30-9:30 AM						
9:15-10:00 AM		Zumba				
9:30-10:30 AM	Cycology		Cycology			
4:30-5:30 PM	Zumba		Zumba			
5:30-6:00 PM	HIIT		HIIT			
5:30-6:30 PM	Cycology	Power Up	Cycology	Power Up		
6:00-7:00 PM						

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

HIIT: (30 Min)- High-intensity interval training is a training technique in which you give all out one hundred percent effort through quick, intense short bursts of exercise, followed by short recovery periods.

Kickboxing: (60 Min)- This class is a great form of cardio involving non-contact punch and kick exercises that have been shown to reduce stress, boost confidence and burn calories.

Power Up: (45-60 Min)- Combination of slow and fast paced movements guaranteed to burn calories, tone muscle, and improve your balance.

Zumba: (45-60 Min)- Have fun and burn calories at the same time, dancing along to some high energy upbeat music!

Circuit: (60 Min)- An hour-long total body conditioning work out, targeting both strength and endurance.

Cycology: (45-60 Min)- A fun, high-energy, high endurance, low impact indoor cycling class. This class is included with the "All In" membership.

HIITCYCLE: (30 Min)- High energy 30-minute indoor cycling class. This class is only included with the "All In" membership.

Personal Trainers:

Monica Gondim – Certified Personal Trainer