

# 2020 WINTER FITNESS CLASS SCHEDULE



DEER VALLEY  
ATHLETIC CLUB

DAY/TIME	CLASS	INSTRUCTOR	LOC.	PRICE
M 9:00-10:25	STRENGTH SCULPT. STRETCH	CATHERINE SCANTLIN & KAYT WARREN	WEIGHT / FITNESS ROOM	SIGN UP! FREE
M 10:30-11:15	FLEX AND TONE	HAMPTON HYNES	GROUP FITNESS ROOM	FREE
M 5:30-6:30	YOGA	DAN TANGERONE	GROUP FITNESS ROOM	FREE
M 5:30-6:30	STRENGTH	GRACE NORTON	WEIGHT ROOM	FREE
T 9:30-10:30	POWER FLOW YOGA	TIFFANY STEPHENSON	GROUP FITNESS ROOM	FREE
T 5:30-6:30	BOOTCAMP	JESSICA WELCH	BASKETBALL	FREE
W 9:30-10:25	PILATES	JENNAH STARR	GROUP FITNESS ROOM	FREE
W 10:30-11:15	FAST 45	HAMPTON HYNES	GROUP FITNESS ROOM	FREE
W 5:30-6:30	STRENGTH	GRACE NORTON	WEIGHT ROOM	FREE
TR 9:30-10:30	DEEP STRETCH YOGA	TIFFANY STEPHENSON	GROUP FITNESS ROOM	FREE
TR 5:30-6:25	BOOTCAMP	JESSICA WELCH	BASKETBALL	FREE
TR 6:30-6:55	STRETCH SERIES	HAMPTON HYNES	BASKETBALL	FREE
F 9:30-10:25	PILATES	PARKER STEVENS	GROUP FITNESS ROOM	FREE
F 10:30-11:30	ZUMBA	GWEN DHING	GROUP FITNESS ROOM	FREE
F 4:00-5:00	YOUNG ADULT FITNESS	HAMPTON HYNES	WEIGHT ROOM	\$10
S 10:00-11:00	BOOTCAMP	JESSICA WELCH	BASKETBALL	FREE

SCHEDULE SUBJECT TO CHANGE! PLEASE EMAIL [HAMPTON@DVAC.CLUB](mailto:HAMPTON@DVAC.CLUB) FOR MORE INFO

**PERSONAL TRAINING ALSO IS AVAILABLE!**