





# **Class Schedule**

3rd Trimester  
Effective September 5

**Dan Abraham Healthy Living Center**



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Thursday				
Mind/Body	Multipurpose		Training Studio	
Closed for Program 6-7am	Power 45 5-5:45am	Terri	KB & ST 5-5:45am Brian	
Pilates Core 9:15-10am	Indo-Row Intro 10:30-11am	Jamie Lexie Sign-up	Fusion 45 6:15-7am Lynne	
Yoga Basics 10:15-11am	Zumba 11:15am-Noon	Laurel Robin	Core Express 7:15-7:30 am Lynne	
Yoga 11:15am-Noon	Barefoot Power 12:15-1pm	Stephanie Robin	Fusion 45 8-8:45am Brian	
Yoga Basics 12:15-1pm	Strength Intro 1:45-2:15pm	Stephanie Kelly Sign-up	AOA Fusion 9:15-10am Lisa	
AT Mind in Motion 1:15-2pm	Strength 2:30-3:15pm	Laurel Lexie	Fusion Express 11:15-11:45am Raegan	
Chair Yoga 2:15-3pm	Quick Fixx 3:30-4pm	Laurel Kelly	Closed for Program Noon-1pm	
Warm Yoga Fusion 4-5pm	Cardio Kickbox 4:30-5:15pm	Ann Laura	Fusion Express 3:45-4:15pm Drew	
Yoga 5:15-6pm	Strength 5:30-6:15pm	Ann Rotate	Core Express 4:30-4:45pm Drew	
Pilates Sculpt 6:30-7:15pm	Pool	Shelley	Fusion Express 5:15-5:45pm Drew	
Cycle		Group Training 10:15-11:15am	Sign-up	KB & ST 6:15-7:15pm Corey Sign-up
		Cycle Express 12:15-12:45pm	Tracy	Swim Lessons 11:30-1pm Julie F. Sign-up
Cycle 5:30-6:15pm		Group Training 3:30-4:30pm	Laura	Sign-up
***Virtual Rides*** See Online Schedule	Group Training 5:30-6:15pm	Sign-up		

Friday			
Mind/Body	Multipurpose		
Yoga Basics 6:15-7am	Yoga Basics 6:15-7am	Amy S.	Core Express 4:40-4:55am Terri
Closed for Program 8-9am	Pilates Bal/Control 9:15-10am	Bridget	AOA Mixx 9:15-10am Marcy
Yoga Basics 10:15-11am	Yoga Basics 10:15-11am	Hiro	Quick Fixx 10:30-11am Lexie
Yoga 11:15am-Noon	Warm Yoga Fusion 12:15-1:15pm	Hiro Lori	Strength Express 11:15-11:45am Lexie
AT Mind in Motion 1:30-2:15pm	Chair Yoga 2:30-3:15pm	Laurel Laurel	Cardio Kickbox 12:15-1pm Kelly
Yin Restore 3:30-4:30pm	Yoga 3:30-4:30pm	Rotate	Power 45 1:15-2pm Andy
Warm Yoga Fusion 5-6pm	Yoga 3:30-4:30pm	Darin	Strength 4:30-5:15pm Rotate
Cycle	Cycle 5:15-6am	Megan M.	Training Studio Fusion Express 5:15-5:45am Terri
		Amy S.	
***Virtual Rides*** See Online Schedule	***Virtual Rides*** See Online Schedule		Fusion 45 6:15-7am Raegan
Pool	Aqua Mixx 6:15-7am	Megan M.	Core Express 7:15-7:30am Brian
		No Instr.	Fusion 45 9:15-10am Andy
Social Splash 9-9:30am	AOA Aqua 9:30-10:25am	Julie F.	Closed for Program 10-11am
Beach Volleyball 10:30-11am	Beach Volleyball 10:30-11am	Julie F.	Fusion Express 11:15-11:45am Drew
			Fusion Express 12:15-12:45pm Drew
			SL-200 Laughter Yoga 12:15-12:45pm Amy K

Saturday			
Mind/Body	Multipurpose		
Yoga Basics 8-9am	Yoga Basics 8-9am	Rotate	Indo-Row 7:15-8am Rotate
Pilates Core 9:15-10am	Pilates Core 9:15-10am	Bridget	Zumba 8:15-9am Megan S.
Yoga 10:15-11:15am	Yoga 10:15-11:15am	Rotate	Strength 9:15-10am Carol
Closed for Program Noon-2pm	Cycle	Carol	Training Studio Core Express 7:45-8am Rotate
			Fusion 45 8:15-9am Rotate
***Virtual Rides*** See Online Schedule	***Virtual Rides*** See Online Schedule		Fusion 45 9:15-10am Rotate
Pool	Aqua ** 8:15-9am	Rotate	Core Express 10:15-10:30am Rotate
			Fusion Express 10:45-11:15am Rotate

Sunday			
Mind/Body	Training Studio		
Yoga 12:30-1:30pm	Yoga 12:30-1:30pm	Darin	Fusion 45 9:15-10am Rotate
Yin Restore 2-3pm	Yin Restore 2-3pm	Rotate	Core Express 10:45-11am Rotate
Yoga Basics 3:30-4:30pm	Yoga Basics 3:30-4:30pm	Rotate	Fusion Express 11:15-11:45am Rotate
Yoga 4:45-5:45pm	Yoga 4:45-5:45pm	Rotate	Cycle ***Virtual Rides*** See Online Schedule
HLP 6-224	Heated Flow** 9-10:15am	Stephanie	Multipurpose Strength 10:15-11am Rick
		NEW	
	Hot Yoga** 10:45am-Noon	Stephanie	NEW

\*\*Temps above 90

See Online Class Schedule:  
<http://dahlc.mayoclinic.org/>

See Class Descriptions:  
<http://dahlc.mayoclinic.org/hubcap/drop-in-class-schedule/>  
URL to view studio from home  
<http://bit.ly/4dahlc>

Registration is required.  
\*\* Instructor's Choice

**Getting Started Group Fitness**  
Wednesday: 12:15-1pm  
Registration is required.

**Training Studio**  
KB & ST = Kettlebell & Suspension Training.  
Must have completed a DAHLC 6-week training to attend.

**CLUB KIDS: 507-538-6952**  
**Child Care Hours**  
8:30am-3:30pm Mon-Fri (16mos-8 years)  
8am-2pm Sat (16mos-8yrs)  
**Infant Child Care Hours**  
1:15-3:15pm Mon/Wed/Fri (6wks-3yrs)

Email: [dahlc@mayo.edu](mailto:dahlc@mayo.edu)  
Phone 507-266-4688

All listed classes and instructors are subject to change or cancellation.



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