



Daybreak Community Center Schedule and Information

January 1 - April 30, 2012

Day/Time	Class	Instructor	Location
Monday			
5:45 am	Pump	Bonnie	GF
9:00 am	Cycle	Kym	Cycle
10:00 am	Zumba	Kimberly	GF
8:00 pm	Cycle	Kym	Cycle
9:00 pm	Zumba	Kimberly	GF
Tuesday			
5:45 am	Turbo Kick	Cami	GF
9:00 am	Pump	Bonnie	GF
10:00 am	Step	Sherrie	GF
7:00 pm	Zumba	Kimberly	GF
8:10 pm	Pump	Melanie	GF
Wednesday			
5:45 am	Pump	Sherrie	GF
9:00 am	Cross Training	Kym	Cycle
10:00 am	Pilates	Shaelynn	GF
8:00 pm	Cycle	Kym	Cycle
9:00 pm	Zumba	Kimberly	GF
Thursday			
5:45 am	Step Interval	Sherrie	Cycle
9:00 am	Turbo Kick	Lyenna	GF
10:00 am	Pump	Bonnie	GF
7:00 pm	Zumba	Kimberly	GF
8:00 pm (30m)	Abs & Thighs	Bonnie	GF
Friday			
5:45 am	Pump	Sherrie	GF
9:00 am (90m)	Zumba Toning	Shaelynn	GF
Saturday			
7:05 am	Cycle	Tyson	Cycle
8:00 am	Step	Sherrie	GF
9:00 am	Pump	Sherrie	GF
10:00 am	Zumba	Stacy	GF

More information available online at,
www.LiveDAYBREAK.com

2012 GF Holiday Schedule

Sunday, January 1	New Year's Day	No classes
Sunday, April 8	Easter	No classes
Monday, May 28	Memorial Day	No classes
Wednesday, July 4	Independence	No classes
Monday, September 3	Labor Day	No classes
Wednesday, October 31	Halloween	No evening classes
Thursday, November 22	Thanksgiving	No classes
Friday, November 23	Day after Thanks	No classes
Monday, December 24	Christmas Eve	No classes
Tuesday, December 25	Christmas Day	No classes
Monday, December 31	New Year's Eve	No classes

The DCC Child Watch will be CLOSED
for all major holidays listed above.

Personal Training

Designed with your individual needs in mind, personal training can offer the best fitness results in a one-on-one or small group setting.

Individual package and small group pricing available online.

LiveDAYBREAK.com

Group Fitness Pass Prices:

Single Class Pass- \$5
30-Day Class Pass- \$35
30-Day Monthly EFT- \$25

GF Room

The group fitness room is located on the first floor of the building, south side of the hall, before you reach the locker rooms.

Cycle Room

The cycling room is located on the second floor of the building, south side of the hall, before you reach the meeting rooms.



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Find Us on Facebook

Connect with friends and neighbors at the spot where your community council shares the latest about life at Daybreak.

Become a fan of LiveDAYBREAK at [Facebook.com/LiveDAYBREAK](https://www.facebook.com/LiveDAYBREAK)

Upcoming Community Activities

- January 3 - DCC Teen Training
- January 7 - Self Defense Class
- January 7 - Special Needs Dance Class
- January 13 - Teen Movie Night
- January 19 - Biggest Loser
- February 11 - Valentine's Day Fancy Dance
- March 5 - Family Fun Night
- March 16 - Movie Night
- March 20 - Red Cross Blood Drive
- April 21 - Garden Affair
- April 23 - Community Clean Up

Details at LiveDAYBREAK.com

Child Watch Information

Hours of Operation:

Monday-Saturday, 8:00 am to 12:00 pm
Monday-Thursday, 5:00 to 9:00 pm

Reservation Policy:

Please be sure to call and make a reservation prior to arriving. Cancellations must call at least one hour prior to the start of a scheduled reservation or your card will be punched. No-shows will have their cards punched. Please call (801) 253-6418 and ask to speak to the Child Watch.

Locker Room Reminder:

Lockers may be rented for \$10 a month. All others lockers are for day-use only. Any locks left on a locker over night will be cut off. Thank you.

All classes, events and programs are subject to change without notification.

2012 DCC Holiday Schedule

Sunday, January 1	New Year's Day	CLOSED
Sunday, April 8	Easter	9:00 am to 1:00 pm
Monday, May 28	Memorial Day	8:00 am to 2:00 pm
Wednesday, July 4	Independence	8:00 am to 2:00 pm
Monday, September 3	Labor Day	8:00 am to 2:00 pm
Thursday, November 22	Thanksgiving	8:00 am to 1:00 pm
Friday, November 23	Day after Thanks	8:00 am to 1:00 pm
Monday, December 24	Christmas Eve	8:00 am to 1:00 pm
Tuesday, December 25	Christmas	CLOSED
Monday, December 31	New Year's Eve	8:00 am to 1:00 pm

The DCC Child Watch will be CLOSED for all major holidays listed above.

Daybreak Community Center Hours of Operation and Information

Monday-Thursday 5:30 am to 10:00 pm	Friday 5:30 am to 8:00 pm
Saturday 7:00 am to 5:00 pm	Sunday 8:00 to 10:30 am 12:00 to 2:00 pm

Phone: 801.253.6418

- Main entrance doors will be locked 15 minutes prior to closing.
- Athletic, non-marking, shoes are required at all times
- Appropriate athletic clothing is required at all times
- Not responsible for lost or stolen items
- Water is permitted in closed-top containers

Please log on to

www.LiveDAYBREAK.com

to view the current gym schedule.