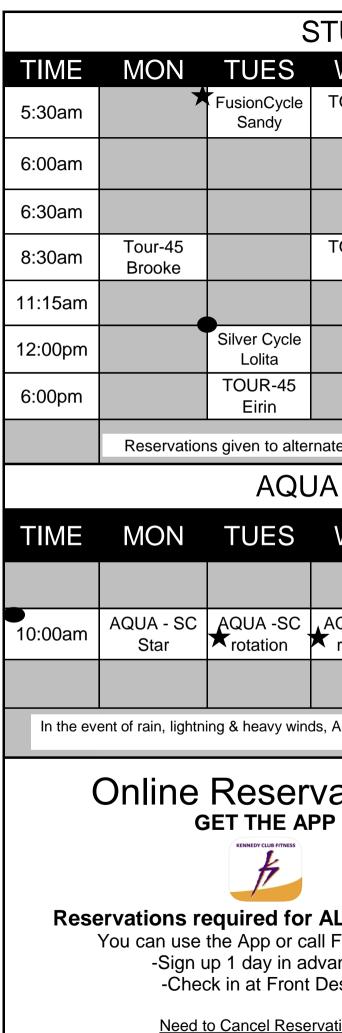


Group Exercise Schedule

STUDIO 1 / BB Court										
TIME	MON	TUES	WED	THURS	FRI	SAT				
6:00am		Barre-Connect 30 - Erin	*Every 1st, 3rd & 5th Tues.							
8:00am	POWER Lori		POWER Lori			<u>8:00am</u>				
8:30am				Group CORE Katie P.	POWER Joddy	POWER rotation				
9:00am		Cardio Sculpt **Kristi				<u>9:15am</u>				
9:15am	**ZUMBA Tiffaney		★ ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	**ZUMBA rotation				
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi		<u>10:30am</u> CENTERGY				
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy Laura C.	YOGA Lauren	*Check APP for Pop-Ups	rotation				
12:00pm	Mobility Yoga/ Gentle Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME	SUN				
4:30pm	VinyasaYOGA Andrea	ACTIVE Joddy				8:30am BARRE				
5:45pm		YOGA Britney	POWER Lori			CONNECT Erin 10:00 am				
7:00pm		ZUMBA **Javi				YOGA rotation				
			¥							
We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. Please keep us posted on how we are doing.										
★ - New Class or New Time										
 Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate 										
** - Located on Basketball Court										



SUMMER June 17th, 2024

STUDIO 2											
ME	MON	TUES	WED	THURS	FRI	SAT					
30am	*	FusionCycle Sandy	TOUR-45 Lolita		TOUR-45 Eirin						
00am						9:00am					
80am						TOUR-45 rotation					
80am	Tour-45 Brooke		TOUR-45 Bob		TOUR-60 Bob						
15am				Silver Cycle Lolita/Barbara							
00pm		Silver Cycle Lolita		*Every 1st & 3rd Thurs.		SUN					
)0pm		TOUR-45 Eirin		Speed Cycle Lolita		<u>9:00am</u> TOUR-45					
	Reservation	start	rotation								
AQUA CLASSES											
ME	MON	TUES	WED	THURS	FRI	SAT					
00am	AQUA - SC Star		AQUA -SC rotation	AQUA-SC Sharon	AQUA-SC Sheryl	<u>10:00am</u> AQUA -SC Shervl					
n the eve	Star Atotation Atotation Sharon Sheryl AQUA INFO LC = Long Course SC = Short Course Sheryl the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please Please Sheryl										
Rese	Online G	<u>CLUB HOURS</u> M-Thr 5am -9pm Fri. 5am -8pm Sat: 7am -7pm Sun: 7am -6pm									
	You can use Sign u -Cheo <u>Need t</u> do so at least	<u>KIDS CLUB</u> MonFri. 8am-1pm Tues. 4-7:30 Sat - 8am-12pm <u>Reservations required</u> <u>Contact -</u> 805-226-4343									
		•			<u>Contact - 8</u>	05-226-4343					