

MAIN STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		SculptFlow Bethany	CoreHIIT 45 Bethany	POWER Brad	CENTERGY Katie P	8:30am POWER Rotation
8:00am					Group CORE Katie P	
8:45am	STEPStrong Cathy	CoreHIIT Brooke	POWER Victor J.	STEPStrong Cathy	Cardio Sculpt Kristi	9:45am BLAST Shannon
						Clubhouse 9:30am YOGA Marissa
10:00am	Warrior Strength Rotation	Restorative ● YOGA Marissa	BARRE/Barre Fusion Brooke/Tina	CENTERGY Melissa	ZUMBA Julie	
12:00pm	● PRIME TIME Sheryl	CENTERGY Katie P	● YOGA Ester	● PRIME TIME Fran	PILATES SCULPT Jani	SUN
4:30pm	BLAST Shannon	SCULPT Cheryl	★ CENTERGY Victor L.	SCULPT Cheryl		10:00am CENTERGY Rotation
5:45pm	POWER Brad	FIGHT John	ZUMBA Caroyln	● YOGA Ester		
7:00pm	● YOGA Britney					

CYCLING STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR 60 Pete		TOUR 60 Pete		TOUR 45 Mariah	8:15am TOUR 60 Pete
8:45am	Cycle CORE Jani	Just RIDE Brad		TOUR 45 Nancy	Just RIDE Victor	SUN
					Reservations given to alternates 5 minutes prior to start time	8:45am TOUR 45 Rotation
6:00pm						

● AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	● AQUA Sheryl	AQUA Brooke	AQUA Janice	Deep AQUA Star	AQUA Libby	10:00am AQUA Linda
						2nd Sat of every month: Janice
6:00pm			AQUA Sheryl			

In the event of rain or lightning, Aqua classes will be canceled.  
Please contact the club 30 minutes prior to class start time for update.

## Online Reservations GET THE APP!



ALL Classes Require Reservations  
You can use the App or call Front Desk  
-Sign up 1 day in advance  
-Check in at Front Desk  
Need to Cancel Reservation?  
Please do so at least 1 hour prior  
Reservations given to waitlist 5 minutes  
prior to start time.

### Club Hours

M-Th 5am - 9pm  
Friday 5am - 8pm  
Sat 7:30am - 5pm  
Sun 8am - 4pm

*We are proud to be the central coasts leader in Group Exercise and are excited to expand our lineup of classes.*

*We promise to continually strive to meet and exceed your expectations.*

*Please keep us posted on how we are doing.  
We are here for you!*

★ - 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 multiple levels of fitness and ability

**Clubhouse** - Located next to cycling studio by outdoor pool