

MAIN STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		SculptFlow Bethany		POWER Brad	CENTERGY Katie P	8:30am POWER Rotation
8:00am					Group CORE Katie P	
8:45am	STEPStrong DeeDee	CoreHIIT Brooke	POWER Victor J.	★ ACTIVE Barb	Cardio Sculpt Kristi	9:45am BLAST Shannon
10:00am	Warrior Strength Rotation	Restorative ● YOGA Marissa	★ Barre Connect Barb	CENTERGY Melissa	ZUMBA Julie	Clubhouse 9:30am YOGA Marissa
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		
5:45pm	POWER Brad	FIGHT John	ZUMBA Caroyln	● YOGA Ester		10:00am CENTERGY Rotation
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	Reservations given to alternates 5 minutes prior to start time	TOUR 45 Nancy	Just RIDE Victor	SUN
						8:45am TOUR 45 rotation

Aqua ATASCADERO Pool Renovations in progress no AM classes


TIME	MON	TUES	WED	THURS	FRI	SAT
● No Classes	AQUA Sheryl	AQUA Brooke	AQUA Janice	Deep AQUA Star	AQUA Libby	No Class AQUA Linda
● 6:00pm			Indoor AQUA Sheryl			2nd Sat of every month: Janice

Aqua PASO \*11:15am extra class begin when Atascadero pool closes

● 10:00am regular classes	AQUA Star	AQUA Renee	AQUA Libby/Sarah	AQUA Sharon	AQUA Sheryl	10:00am AQUA Sheryl
● 11:15am extra classes	*AQUA rotation		*AQUA Sheryl	*Deep AQUA Star		

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