

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 Rotation	POWER Rotation	ACTIVE Barb	Cardio Sculpt Katie K	9:45am BLAST Shannon
						Racquetball Court 9:30am YOGA Marissa
10:00am	Warrior Strength Rotation	Restorative ● YOGA Marissa	Barre Connect Barb	CENTERGY Melissa	ZUMBA Julie	
10:00am				Racquetball Court →	Stretch & Renew Katie P. ★	
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	Reservations given to alternates 5 minutes prior to start time	TOUR 45 Nancy	TOUR 45 Victor L.	SUN
						8:45am TOUR 45 rotation
Aqua ATASCADERO Pool Renovations in progress no AM classes						

TIME	MON	TUES	WED	THURS	FRI	SAT
No Classes 10am	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 while Atascadero pool is closed

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