

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 Katie K	POWER Rotation	ACTIVE Barb	Cardio Sculpt Trishie	9:45am BLAST Shannon
						Clubhouse 9:30am YOGA Marissa
10:00am	Warrior Strength Rotation	Restorative ● YOGA Marissa	BARRE Connect Barb	CENTERGY Melissa	ZUMBA Julie	
10:00am				Raquetball 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	SCULPT Cheryl		10:00am CENTERGY Rotatiob
5:45pm	POWER Brad	FIGHT John	ZUMBA Carolyn	● YOGA Ester		

CYCLING STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR 60 Pete		TOUR 60 Pete		TOUR 45 Mariah	8:15 TOUR 60 Pete
8:45am	Cycle CORE Jani	Just RIDE Brad		TOUR 45 Nancy	TOUR 45 Victor	SUN
					Reservations given to alternates 5 minutes prior to start time	8:45 TOUR 45 Rotation
11:30am			Silver Cycle ★ Libby ●			

● AQUA CLASSES						
TIME	MON	TUES	WED	THURS	FRI	SAT
● 10:00am	AQUA Sheryl	AQUA Janice	AQUA Libby	Deep AQUA Star	AQUA Rotation	10:00am AQUA Rotation
● 6:00pm INDOOR			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