

MAIN STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Sculpt Express Bethany		POWER Brad	CENTERGY Katie P	8:30am POWER Rotation
8:00am		POWER Victor	CENTERGY Laura E			
9:15am	StepStrong Cathy	CoreHIIT Katie L	POWER Katie L	StepStrong Cathy	★ FOCUS DAY Kristi	Clubhouse 9:30am YOGA Marissa
10:30am	Warrior Strength Ketzia	● Restorative YOGA Marissa	★ Barre Connect Barb	CENTERGY Katie L	ZUMBA Julie	
12:00pm	● PRIME TIME Sheryl		PILATES SCULPT Jani			
● AQUA CLASSES						
4:30pm		SCULPT Cheryl		SCULPT Cheryl		SUN
5:45pm	POWER Brad	FIGHT John	ZUMBA Shay	● YOGA Ester		10:00am CENTERGY Janice
6:50pm	★	● CENTERGY John				

CYCLING STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR-45 Rotation		TOUR-45 Pete		TOUR-45 Meg	8:30 TOUR Rotation
8:45am	TOUR-45 Jani	CYCLE Brad	CYCLE Victor	TOUR-45 Katie	TOUR-45 Rotation	SUN
6:00pm	★		★ TOUR-45 Meg		Reservations given to alternates 5 minutes prior to start time	8:30 TOUR Pete

● AQUA CLASSES						
TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	● AQUA Sheryl		AQUA Ketzia	Deep AQUA Star	AQUA Tiffany	9:00am AQUA Rotation
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

CLUB HOURS

M-F 5am - 8pm
SAT 8am - 4pm
Sun 8am - 4pm

We are proud to be the central coast's 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