



# Group Exercise Schedule

STUDIO 1 / BB Court						
TIME	MON	TUES	WED	THURS	FRI	SAT
8:00am	POWER Lori		POWER Lori			8:00am POWER rotation
8:30am					POWER Amy	
9:15am		SCULPT MAX **Kristi		Centergy Jeni		9:15am **ZUMBA rotation
9:15am	**ZUMBA Tiffany	HIGH FITNESS Adele	StepStrong **Cathy	**CoreHIIT Kristi	BarreConnect **Erin	
10:30am	**ACTIVE Barb	● YOGA Barbara	Centergy Laura C.	● Gentle YOGA Lauren	*Check APP for Pop-Ups	10:30am CENTERGY rotation
12:00pm			PILATES Brenda	INTRO & CHAIR YOGA - Andrea	PRIME TIME Sheryl	
4:30pm	Centergy Bridgette					8:30am BARRE CONNECT Erin
5:45pm	BodyShock Valen	● YOGA Britney	POWER Bridgette	**ZUMBA Javi		
						10:00 am YOGA rotation



We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. 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.

\*\* - Located on Basketball Court

STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am	TOUR-45 Jeni		TOUR-45 Saulo		TOUR-45 Saulo/Lolita	9:00am TOUR-45 rotation
8:30am		TOUR-60 Evan	TOUR-45 Bob		TOUR-60 Bob	
11:15am				★ Silver Cycle Lolita/Barbara		●
12:00pm		● Silver Cycle Lolita				
4:30pm				4:15 - 6:45pm Mark's combat classes *	* Mark's classes are fee based - see front desk	SUN
6:00pm		TOUR-45 Brandon				9:00am TOUR-45 rotation
Reservations given to alternates 5 minutes prior to class start						

## AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
9:30am		● CardioAqua45 Sep. 20-Nov. 29				10:00am AQUA -SC Sheryl
10:00am	● AQUA - SC Star		AQUA -SC Cindy	AQUA -SC Adele/Cindy	AQUA-SC Sheryl	
<p style="text-align: center;">AQUA INFO LC = Long Course SC = Short Course</p> <p style="text-align: center;">In the event of rain, lightning &amp; heavy winds, Aqua classes will be cancelled. Please</p>						

## Online Reservations GET THE APP !



### Reservations required for ALL CLASSES

- 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 to make room for waitlist  
Reservations given to waitlist 5 minutes prior to start time.

### CLUB HOURS

- M-Thr 5am -9pm
- Fri. 5am -8pm
- Sat: 7am -7pm
- Sun: 7am -6pm

### KIDS CLUB

- Mon.-Fri. 8am-1pm
- Mon-Thr- 4pm-7:30pm
- Sat - 8am-12pm

Reservations required  
Contact - 805-226-4343