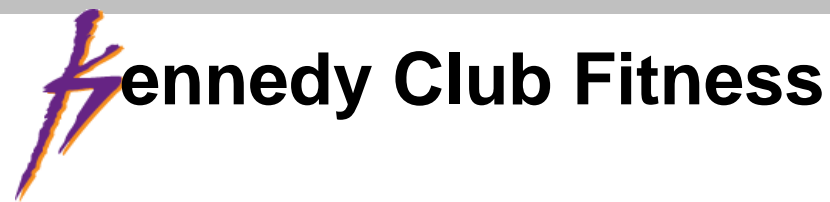


**2022
FALL**

Group Exercise Schedule



SLO MULTIPLEX

All classes are included with your membership.

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM	HIIT-60 Barb	POWER Jeff		POWER Jeff	CENTERGY Jill	8:15 am POWER-50 Rotation 9:15 am FIGHT John 10:30 am CENTERGY and YOGA Rotate every other Sat.
9:15 AM	POWER Lauren	● ACTIVE Laurie	MUSCLE UP-50 Sylvia	GROOVE Sylvia	DANCE FITNESS Solina	
10:30 AM	CENTERGY Jacqui		STEP IT UP Dee Dee		CENTERGY Jacqui	
12:00 PM	MUSCLE UP-50 Sylvia	● YOGA FLOW Isabella	POWER Buddy	● YOGA Mary Ann	HIIT-45 Barb	
4:30 PM						9:15 am GROOVE Rotation 10:30 am CENTERGY Rotation
5:30 PM	POWER John	HIIT-45 Corrine	FIGHT Sylvia	POWER John		
6:35 PM	★ KENYU RYU KARATE		★ KENYU RYU KARATE	HIIT-45 Sylvia		

★ **"NEW" - KENYU RYU KARATE** 1 hour sessions.
Starts 10/3 -12/7 Offered Mon & Wed @ 6:35pm
Included with your membership. Sign up on the App. online, or at the front desk.

★ **New Class or New Time**

● **Smart start classes:** The classes marked with ● are designed to ease the beginning exerciser into their fitness journey: however, all of our classes are designed to accommodate multiple levels of fitness and ability.



SLO MULTIPLEX CLUB HOURS

Mon. - Thurs: 5 am - 9 pm Fri: 5 am - 8 pm

Sat / Sun: 8 am - 5 pm

No kids club available at this time.

We are excited to welcome you all back with our ever expanding host of classes. We look forward to meeting you and helping you with your fitness goals. Please keep us posted on how we are doing.

We are here for you!

STUDIO B						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM	TOUR-45 Kat		TOUR-45 Eric		TOUR-45 Eric	8:15 am TOUR-45 Rotation
8:15 AM	TOUR-45 Sylvia		TOUR-60 Kat		TOUR-45 Lindsey	
9:30 AM	★ YOGA-75 Isabella	● YOGA Ester				SUN
12:00 PM		TOUR-45 Lindsey		TOUR-45 Lindsey		8:15 am TOUR-45 Rotation
4:30 PM	TOUR-45 Joe		TOUR-45 Joe	★ YOGA Joe	TOUR-45 Buddy	
5:30 PM	BARRE CONNECT Corrine	ZUMBA Ketzia	● YOGA FLOW Ester			

● **AQUA CLASSES - Outdoor Pool**

TIME	MON	TUES	WED	THURS	FRI	SAT
★ 10:30AM	● Diane	● Emilie	● Diane	● Emilie		

In the event of Heavy rain, wind or lightning, Aqua classe will be cancelled.
Please contact the club 30 minutes prior to class start time for update.
Pool closes 15 minutes before club closes

CLASS RESERVATION POLICY

Reservations are required for ALL classes.
Down load the app or reserve your spot online:
www.kennedyclubs.com/download-reserve

1. Sign up only yourself up to one day in advance online, or call Front Desk.
2. Please cancel reservation at least one hour prior to class start time, if you can't attend.
3. Some classes require set-up, so please arrive 5 to 10 minutes prior to class.
4. Claim your reservation with the instructor in class.
5. Reservations given to alternates five minutes prior to start time
Please avoid late admittance into classes. Thank you

www.kennedyclubs.com 188 Tank Farm Rd, 93401 (805) 781 - 3488

See reverse for class descriptions Questions? Contact Sylvia @ 781-3488