

Group Exercise Schedule

WINTER
Jan. 23rd, 2023

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 Tiffany	HIGH FITNESS Adele	StepStrong **Cathy	**CoreHIIT Kristi	BarreConnect **Erin	
						10:30am CENTERGY rotation
10:30am	ACTIVE Barb	● YOGA Barbara	Centergy Joddy.	● Gentle YOGA Lauren	*Check APP for Pop-Ups	
	*classes below share the timeslot check app for info					
12:00pm	★ Mobility Yoga/ Pilates Sculpt		● PILATES Brenda	● INTRO & CHAIR YOGA - Andrea	● PRIME TIME Sheryl	SUN
4:30pm	Centergy Bridgette					8:30am BARRE CONNECT Erin
5:45pm	BodyShock Valen	● YOGA Britney	POWER Bridgette	**ZUMBA Javi		10:00 am YOGA



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.

★ - 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

** - 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						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 & 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

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**