

MAIN STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Sculpt Express Bethany		POWER Brad	CENTERGY Katie P	8:30am POWER Rotation
8:45am	STEPStrong Cathy	CoreHIIT Katie L	POWER Victor	STEPStrong Cathy	SCULPT Kristi	9:45am BLAST Katie/ Shannon
10:00am	Warrior Strength Candace	Restorative ● YOGA Marissa	BARRE Connect Barb	CENTERGY Katie L	ZUMBA Julie	Clubhouse 9:30am YOGA ● Marissa
12:00pm	● PRIME TIME Sheryl	CENTERGY Joddy			PILATES SCULPT Jani	SUN
4:30pm		SCULPT Cheryl	CENTERGY Laura E	SCULPT Cheryl		10:00am CENTERGY Janice
5:45pm	POWER Brad	FIGHT John	ZUMBA Carolyn	● YOGA Ester		
6:50pm		CENTERGY John				

CYCLING STUDIO						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR Mariah		TOUR Pete		TOUR Meg	8:15 POWER HOUR Pete
8:45am	Cycle CORE Jani	Just RIDE Brad	TOUR Nancy	FUSION Katie	Just RIDE Victor	SUN
6:00pm	Krank IT Meg				Reservations given to alternates 5 minutes prior to start time	8:15 Krank IT / TOUR Rotation
● AQUA CLASSES						
TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	● AQUA Sheryl	AQUA Brooke	AQUA Janice	Deep AQUA Star	AQUA Katie L	10:00am AQUA Rotation
6:00pm			INDOOR AQUA Sheryl			

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

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 8am - 4pm
Sun 8am - 4pm