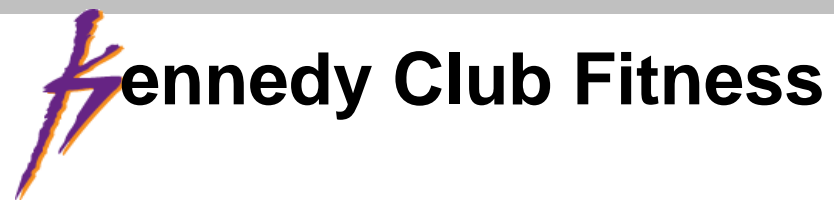


2023

Winter

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		
8:15AM						8:15 am POWER-50 Rotation
9:15 AM	POWER Lauren	● ACTIVE Laurie	MUSCLE UP-50 Sylvia	● GENTLE YOGA ★ Joe	DANCE FITNESS Solina	9:15 am FIGHT John
10:30 AM	CENTERGY Jacqui				CENTERGY Jacqui	★ 10:30am YOGA Rotation
12:00 PM	MUSCLE UP-50 Sylvia	YOGA FLOW Isabella	POWER Buddy	● YOGA Mary Ann	HIIT-45 Barb	SUN
4:30 PM						
5:30 PM	POWER John	HIIT-45 Corrine	FIGHT Sylvia	POWER John		9:15 am GROOVE Rotation
6:35 PM	★ KENYU RYU KARATE		★ KENYU RYU KARATE	HIIT-45 Sylvia		10:30 am CENTERGY Rotation

★ **KENYU RYU KARATE - MON & WED @ 6:35PM**
1 hour Sessions
Included in 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 look forward to meeting you and helping you with your fitness goals through our diverse class offerings. We have sessions for cardio, cycle, mind/body and strength. If it is your first time to a class, please arrive 5 minutes early to introduce yourself to the instructor, we will give you tips for success in the class. Our classes are designed for all levels of fitness and experience.

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 Emilie		TOUR-60 Kat		TOUR-45 Lindsey	
9:30 AM	● YOGA-75 Isabella	● YOGA Ester		GROOVE Sylvia		SUN
12:00 PM		TOUR-45 Lindsey		TOUR-45 Lindsey		8:15 am TOUR-45 Rotation
4:30 PM	TOUR-45 Joe	★ CENTERGY Dana	TOUR-45 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	● Joe		

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