

**SPRING 2023**

Begins Monday, 4/17



★ Check out the updates to the schedule.  
All classes are included with your membership.

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		TOUR-45 Buddy		TOUR-45 Bobby	TOUR-45 Barb	8:15 am TOUR-45 rotation
7:00 AM	★					
7:45 AM	RIDE Sarema		TOUR-45 Sarema			
8:00 AM		BLAST Lori		POWER Sarema	HIGH-YO Sarema & Linda	10:30 am CENTERGY Jacqui/Bobby
9:15 AM	HIGH FITNESS Sarema & Linda	POWER Lori	HIIT+CORE Lori	BLAST Lori	GROOVE Cathie	
10:30 AM	ACTIVE* Terri		CENTERGY Jacqui	FIT-4-LIFE* Peggy	ACTIVE* Lori	SUN
		★				8:10 am POWER Sarema
4:15 PM	TOUR-45 Gayle	SILVER CYCLE-45* Gayle	POWER Lori			
5:30 PM	POWER Buddy	GROOVE Buddy	KRANK-IT 45 Buddy	HIGH FITNESS Amanda	ZUMBA Jenny	9:15 am FIGHT Sophie

\* SMART START CLASSES: The classes marked with \* are designed to ease the beginning exerciser into their fitness journey, although all of our classes are designed to accommodate multiple levels of fitness and ability.

### FUNCTIONAL TRAINING ROOM

TIME	MON	TUES	WED	THURS	FRI
6:30 AM			TRX Barb		
9:15 AM					
10:30 AM					TRX - 45 Barb
5:15 PM	TRX - 45 Barb				
5:30 PM					

YOGA ROOM						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 AM						
8:00 AM			GENTLE YOGA* Joe			
9:15 AM	SLOW FLOW YOGA* Nicole	CHAIR YOGA* Nicole				
10:30 AM						SUN
5:30 PM		YOGA* Ana				10:30 am YOGA* rotation
6:30 PM			YOGA* Ana			

### AQUA CLASSES \*

TIME	MON	TUES	WED	THURS	FRI	SAT
9:15am	PEGGY/ TERRI*		JOE*		LORI*	ROTATION*



### CLASS RESERVATION POLICY

Reservations are required for ALL classes.

Reserve your spot online:  
[www.kennedyclubs.com/download-reserve](http://www.kennedyclubs.com/download-reserve)

### CLUB HOURS

Mon. - Fri: 5 am - 8 pm  
Sat/Sun: 8 am - 3 pm

**Pool closes 15 minutes before club closes.**

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

[www.kennedyclubs.com](http://www.kennedyclubs.com) 1299 James Way, AG, 93420 (805) 481-2888

See reverse for class descriptions  
Questions? Contact Lori @ 481-2888