

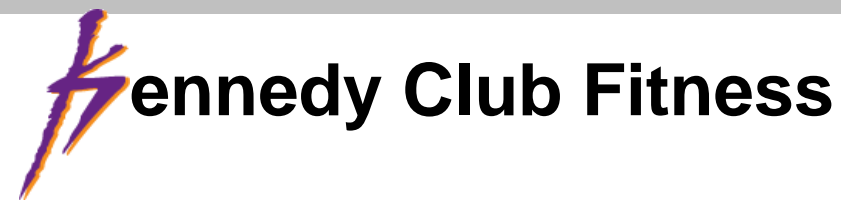
2023

Group Exercise Schedule

SLO MULTIPLEX

FALL

schedule starts Mon Sept 11



All classes are included with your membership.

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM		POWER Jeff		POWER Jeff		★ 8:15 am POWER Rotation
7:25 AM	CORE & STRETCH 30 Emilie		CORE & STRETCH 30 Jill			
				● 9:15am GENTLE ★ YOGA - Joe held in the Basketball court		9:15 am FIGHT John
9:15 AM	POWER Lauren	● ACTIVE Laurie	MUSCLE UP Sylvia	● GROOVE Sylvia	DANCE FITNESS Solina	★ 10:30 am YOGA FLOW Isabella
10:30 AM	CENTERGY Jacqui				CENTERGY Jacqui	
12:00 PM	MUSCLE UP Sylvia	YOGA FLOW Isabella	POWER Buddy	CENTERGY Jill	coreHIIT-45 Barb	<b>SUN</b>
						9:15 am GROOVE Rotation
5:30 PM	POWER John	coreHIIT-45 Corrine	FIGHT Sylvia	POWER John		10:30 am CENTERGY Rotation

★ **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

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.

See back for class descriptions

STUDIO B						
TIME	MON	TUES	WED	THURS	FRI	SAT
5:30 AM/ 6:30 AM	TOUR-45 Kat	5:30am TOUR-45 Eric / Rachel	TOUR-45 Eric		TOUR-45 Eric	8:15 am TOUR-45 Rotation
8:15 AM	TOUR-45 Emilie		TOUR-45 Kat		TOUR-45 Lindsey	
9:30 AM	★ coreYOGA ● FLOW Isabella	● YOGA Ester				<b>SUN</b>
12:00 PM		TOUR-45 Lindsey	GENTLE YOGA ● Joe	TOUR-45 Lindsey		8:15 am TOUR-45 Rotation
4:30 PM	TOUR-45 Ari	CENTERGY Dana	TOUR-45 Barb		TOUR-45 Buddy	
★ 5:45 PM	★ BARRE CONNECT Corrine	★ YOGA FLOW Joe	★ ZUMBA Jeffery	★ YOGA ● Jenn		

● **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](http://www.kennedyclubs.com/download-reserve)

1. Sign up only yourself up to one day in advance
2. Please cancel reservation at least one hour prior to class start time
3. Some classes require set-up, so please arrive 5 to10 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