

# Group Exercise Schedule

STUDIO 1 / BB Court						
TIME	MON	TUES	WED	THURS	FRI	SAT
8:00am	POWER Lori		POWER Lori			8:00am POWER rotation
8:30am				Group CORE Katie P.	POWER Joddy	
9:00am		SCULPT MAX **Kristi				9:15am **ZUMBA rotation
9:15am			★ ZUMBA rotation	Centergy Katie P		
9:15am	**ZUMBA Tiffany		StepStrong **Cathy	**CoreHIIT Kristi	BarreConnect **Erin	10:30am CENTERGY rotation
10:30am	ACTIVE Barb	YOGA Barbara	Centergy Laura C.	YOGA Lauren	*Check APP for Pop-Ups	
	*classes below share the timeslot check app for info					
12:00pm	Mobility Yoga/ Pilates Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN
4:30pm	Centergy Janice	★ ACTIVE Joddy				8:30am BARRE CONNECT Erin
5:45pm	class coming soon - pop up's for now	YOGA Britney	POWER Lori	**ZUMBA Javi		10:00 am YOGA rotation

STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am			TOUR-45 Saulo		TOUR-45 Saulo/Lolita	9:00am TOUR-45 rotation
8:00am		TOUR-60 Evan				
8:30am	TOUR-45 Jeni		TOUR-45 Bob		TOUR-60 Bob	SUN
11:15am				● Silver Cycle Lolita/Barbara		
12:00pm		● Silver Cycle Lolita				9:00am TOUR-45 rotation
6:00pm		TOUR-45 Eirin				
Reservations given to alternates 5 minutes prior to class start time.						

## AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	AQUA - SC Star		AQUA - SC Brooke/Sharon	★ AQUA - SC Sharon	AQUA-SC Sheryl	10:00am 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 &amp; heavy winds, Aqua classes will be cancelled. Please contact the club 30 minutes prior to class start time for update.</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  
Reservations given to waitlist 5 minutes prior to start time.

### CLUB HOURS

M-Thr 5am -9pm  
Fri. 5am -8pm  
Sat: 7am -7pm  
Sun: 7am -6pm

### KIDS CLUB

Mon.-Fri. 8am-1pm  
Sat - 8am-12pm  
Reservations required  
Contact - 805-226-4343

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. 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.

\*\* - Located on Basketball Court