


# Group Exercise Schedule

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		TOUR-45 Buddy		TOUR-45 Bobby		8:15am TOUR-45 rotation
7:00am						9:15am POWER rotation
7:45am	RIDE Sarema		TOUR-45 Buddy			10:30am CENTERGY Jacqui/ Bobby
8:00am		BLAST Lori		POWER Sarema	HIGH-YO Sarema & Linda	
9:15am	HIGH FITNESS Sarema & Linda	POWER Lori	HIIT + CORE Lori	BLAST Lori	GROOVE Cathie	
10:30am	ACTIVE* Terri		CENTERGY Jacqui	FIT-4-LIFE* Peggy	ACTIVE* Lori	<b>SUN</b>
4:15pm	TOUR-45 Gayle	CYCLE 101 Gayle	POWER Lori			8:10am POWER Sarema
5:30pm	POWER Buddy	GROOVE Buddy	TOUR-45 Bobby	ZUMBA Conita	ZUMBA Jenny	9:15 am FIGHT Sarema
FUNCTIONAL TRAINING ROOM						
TIME	MON	TUES	WED	THURS	FRI	
6:30am			TRX Barb			
10:30am					TRX Barb	
5:15pm	TRX Barb					
<p><b>All classes are included with your membership.</b> See back for class descriptions.</p> <p>★ Check out the updates to the schedule.</p>						

YOGA ROOM						
TIME	MON	TUES	WED	THURS	FRI	SAT
8:00am		YOGA* Ana	GENTLE YOGA* Astrid			
9:15am	SLOW FLOW YOGA* Nicole	CHAIR YOGA* Nicole				<b>SUN</b>
5:30pm		YOGA* Jenn				10:30am YOGA* rotation
6:30pm			RESTORE YOGA* Jenn			
AQUA CLASSES						
TIME	MON	TUES	WED	THURS	FRI	SAT
9:15am	AQUA* Peggy/Bonnie		AQUA* Terri		AQUA* Lori	AQUA* rotation
<p><b>Class Reservation Policy</b> <b>GET THE APP!!</b> Reserve your spot online: <a href="http://www.kennedyclubs.com/download-reserve">www.kennedyclubs.com/download-reserve</a></p>					<p><b>CLUB HOURS</b> Mon-Fri. 5am -8pm Sat/Sun 8am-3pm *Pool closes 15 minutes before club closes</p>	
<p><b>Reservations required for ALL CLASSES</b> You can use the App, go online or call Front Desk</p> <ul style="list-style-type: none"> <li>-Sign up 1 day in advance</li> <li>-Check in at Front Desk to claim your reservation</li> <li>-Some classes require set-up, so please arrive 10 minutes early</li> <li>-Please avoid late admittance into classes</li> </ul> <p><u>Need to Cancel Reservation?</u> Please do so at least 1 hour prior to make room for waitlist Reservations given to waitlist 5 minutes prior to start time.</p>			<p><b>*Smart Start Classes</b> The classes marked with a * are designed to ease the beginning exerciser into their fitness journey, although all of our classes are designed to accommodate multiple levels of ability.</p>			