


Group Exercise Schedule

WINTER 2024
Begins: 1/15/24

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	MONTHLY SURPRISE POP-UP	CENTERGY Jacqui	FIT-4-LIFE* Peggy	ACTIVE* Lori	SUN
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-45 Barb	
5:15pm	TRX-45 Cliff					
<p>All classes are included with your membership. 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				SUN
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>Class Reservation Policy GET THE APP!! Reserve your spot online: www.kennedyclubs.com/download-reserve</p>					<p>CLUB HOURS Mon-Fri. 5am -8pm Sat/Sun 8am-3pm *Pool closes 15 minutes before club closes</p>	
<p>Reservations required for ALL CLASSES You can use the App, go online or call Front Desk</p> <ul style="list-style-type: none"> -Sign up 1 day in advance -Check in at Front Desk to claim your reservation -Some classes require set-up, so please arrive 10 minutes early -Please avoid late admittance into classes <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>*Smart Start Classes 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>			