

# Group Exercise Schedule

**SPRING 2024**  
**Begins: 4/15/24**

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

YOGA ROOM						
TIME	MON	TUES	WED	THURS	FRI	SAT
8:00am		YOGA* Ana				
9:00am			GENTLE YOGA* Mary Ann			
9:15am	SLOW FLOW YOGA* Nicole	CHAIR YOGA* Nicole				
5:30pm		YOGA* Jenn		POWER YOGA Amanda R		
6:30pm			RESTORE YOGA* Jenn			
AQUA CLASSES						
TIME	MON	TUES	WED	THURS	FRI	SAT
9:15am	AQUA* Peggy/Bonnie		AQUA* Terri		AQUA* Lori/Mary Ann/Sigrid	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>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>CLUB HOURS</b> Mon-Thurs 5am - 9pm Fri 5am - 8pm Sat 8am - 5pm Sun 8am - 3pm</p> <p><i>*Pool closes 15 minutes before club</i></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>		