Group Exercise Schedule

SPRING 2024

Begins: 4/15/24

STUDIO A									
MON	TUES	WED	THURS	FRI	SAT	TIM	E	MON	
	TOUR-45 Buddy		TOUR-45 Bobby		8:15am TOUR-45 <i>rotation</i>	8:00a	am		
					<u>9:15am</u>	9:00a	am		
RIDE Sarema &		TOUR-45 Buddy			rotation	9:15a		YOGA*	1
	BLAST Lori		POWER Sarema	HIGH-YO Sarema & Linda	CENTERGY Jacqui/	5:30p	om		
HIGH FITNESS Sarema & Linda	POWER Lori	HIIT + CORE Lori	BLAST Lori	GROOVE Cathie	SUN	6:30p	om		
ACTIVE* Terri	FIT & FUN* Peggy	CENTERGY Jacqui	FIT-4-LIFE* Peggy	ACTIVE* Lori	<u>8:10am</u> POWER				
TOUR-45 Gayle	CYCLE 101 Gayle	POWER Lori			Sarema <u>9:15am</u>	TIM	E	MON	-
POWER Buddy	GROOVE Buddy	TOUR-45 Bobby	ZUMBA Conita	ZUMBA Jenny	FIGHT Sarema	9:15a	am _F	AQUA* Peggy/Bonnie	Э
FU	JNCTION	AL TRAIN	NING RO	ОМ	<u>10:30am</u> YOGA* rotation				
MON	TUES	WED	THURS	FRI			(-	es Et 1
		TRX Barb					www	Reserv	/e yo
				TRX-45 Barb		F	Rese	rvations	req
TRX-45 Cliff								k in at Fro	nt D
 All classes are included with your membership See back for class descriptions. ★ Check out the updates to the schedule. 						pleas -Please avo <u>Ne</u> <u>Please do so at le</u>		please lease avoid <u>Need</u> do so at leas	arriv d late <u>d to C</u> st 1 h
	RIDE Sarema & Josette HIGH FITNESS Sarema & Linda ACTIVE* Terri TOUR-45 Gayle POWER Buddy FU MON	MONTUESTOUR-45BuddyRIDE Sarema & JosetteBLAST LoriHIGH FITNESS Sarema & LindaPOWER LoriACTIVE* TerriFIT & FUN* PeggyTOUR-45 GayleCYCLE 101 GaylePOWER BuddyGROOVE BuddyPOWER BuddyGROOVE BuddyTOUR-45 CiffCYCLE 101 GayleTOUR-45 CiffCYCLE 101 GayleTOUR-45 CiffGROOVE BuddyI classes are includ See back for cl	MONTUESWEDTOUR-45 BuddyTOUR-45 BuddyTOUR-45 BuddyRIDE Sarema & JosetteTOUR-45 BLAST LoriTOUR-45 BuddyHIGH FITNESS Sarema & LindaPOWER LoriHIIT + CORE LoriACTIVE* TerriFIT & FUN* PeggyCENTERGY JacquiTOUR-45 GayleCYCLE 101 GaylePOWER LoriPOWER BuddyGROOVE BuddyTOUR-45 BobbyPOWER BuddyGROOVE BuddyTOUR-45 BobbyFUNCTIONAL TRAIN MONTUESWEDMONTUESWEDITRX BarbITRX BarbMONTUESWEDITRX-45 CliffITRX BarbITRX BarbTRX-45 CliffITCLasses are included with y See back for class descr	TOUR-45 BuddyTOUR-45 BobbyRIDE Sarema & JosetteTOUR-45 BuddyRIDE Sarema & JosetteBLAST LoriPOWER SaremaHIGH FITNESS Sarema & LindaPOWER LoriHIIT + CORE LoriACTIVE* TerriFIT & FUN* PeggyCENTERGY JacquiFIT-4-LIFE* PeggyTOUR-45 GayleCYCLE 101 GaylePOWER LoriFIT-4-LIFE* PeggyPOWER BuddyGROOVE BuddyTOUR-45 BobbyZUMBA ConitaPOWER 	MON TUES WED THURS FRI TOUR-45 Buddy TOUR-45 Buddy TOUR-45 Bobby TOUR-45 Bobby TOUR-45 Bobby HIGH-YO RIDE Sarema & Josette BLAST Lori TOUR-45 Buddy POWER HIGH-YO MIGH FITNESS POWER Lori HIT + CORE Lori BLAST Lori GROOVE Cathie ACTIVE* FIT & FUN* Peggy CENTERGY Jacqui FIT-4-LIFE* Peggy ACTIVE* Lori TOUR-45 Gayle CYCLE 101 Gayle POWER Lori FIT-4-LIFE* Peggy ZUMBA ZUMBA Conita POWER Buddy GROOVE Buddy TOUR-45 Bobby ZUMBA Conita ZUMBA Jenny FUNCTIONAL TRAINING ROOW TRX Barb TRX-45 Barb TRX-45 Barb TRX-45 Barb TRX-45 Cliff International State TRX-45 Barb TRX-45 Barb TRX-45 Barb	MON TUES WED THURS FRI SAT TOUR-45 Buddy TOUR-45 Buddy TOUR-45 Bobby TOUR-45 Bobby 3:15am TOUR-45 Bobby 10:00000000000000000000000000000000000	MON TUES WED THURS FRI SAT TOUR-45 TOUR-45 TOUR-45 Bobby Bit5am Bit0am Bit0am<	MON TUES WED THURS FRI SAT TOUR-45 Buddy TOUR-45 Bobby TOUR-45 B:15am TOUR-45 Buddy TOUR-45 Bobby TOUR-45 B:00am 9:00am RIDE TOUR-45 Buddy 9:00am 9:00am 9:00am Sarema & BLAST DOWER HIGH-YO B:00BY 9:00am Lori Lori Sarema Buddy 9:00am HIGH FITNESS POWER HIIT + CORE BLAST GROOVE Sarema Lori Lori CENTERGY FIT-4-LIFE* ACTIVE* B:0am 9:0am YOUR-45 CYCLE 101 POWER GROOVE Sarema 9:15am 5:30pm TOUR-45 CYCLE 101 POWER Bobby Conita ZUMBA Sarema 9:15am FUNCTIONAL TRAINING ROOM TRX-45 Barb TRX-45 Barb 0:03am YOGA* TRX-45 TRX Barb TRX-45 Barb C-Chec Sorme cla TRX-45 Ciff Sarema TR	MON TUES WED THURS FRI SAT TOUR-45 Buddy TOUR-45 8:15am Buddy Bobby 9:15am 9:00am RIDE Sarema & 0:30am 9:00am Josette BLAST POWER HIGH-YO 10:30am Josette BLAST POWER HIGH-YO 10:30am ACTIVE* FIT & FUNY CENTERGY SUN 5:30pm ACTIVE* FIT & FUNY CENTERGY PIT-4-LIFE* ACTIVE* Sum TOUR-45 CYCLE 101 POWER Bobby SUMBA 2UMBA 8:10am POWER Gayle COIL Sum 9:15am PGWER Buddy Bobby Conita 2UMBA Sum 9:15am PGWER FUNCTIONAL TRAINING ROOM TRX-45 Barb Sarema Sum Class R GG TRX-45 TRX Barb TRX-45 Sare Sum Sum

Kennedy Club Fitness

Arroyo Grande

