2024

Group Exercise Schedule

Fennedy Club Fitness

ΤΙΜΕ

5:30 AM/

6:30 AM

8:15 AM

9:30 AM

12:00 PM

4:30 PM

5:30PM /

5:45PM

SCHEDULE **APRIL 15 - JUNE 16**

SPRING

STUDIO A								
TIME	MON	TUES	WED	THURS	FRI	SAT		
6:30 AM		POWER Jeff		POWER Jeff		8:15 am POWER		
7:25 AM			CORE & STRETCH 30 Lisa			Rotation		
				9:15 GENTLE YOGA - Lisa held in the		9:15 am FIGHT John		
9:15 AM	POWER Lauren	● ACTIVE Laurie	MUSCLE UP Sylvia	GROOVE Sylvia	DANCE MIX ★ Solina	10:30 am YOGA FLOW Isabella		
10:30 AM	CENTERGY Jacqui		MONTHLY SURPRISE POP- UP 30-MIN Offered once a month Check App for the format		CENTERGY Jacqui			
12:00 PM	MUSCLE UP Sylvia	YOGA FLOW Isabella	POWER Buddy	CENTERGY Sarema	★POWER Rotation	SUN		
						9:15 am GROOVE Rotation		
5:30 PM	POWER John	SMASH HIIT Corrine	FIGHT Sylvia	POWER John		10:30 am CENTERGY Rotation		
	*	New Clas	s or <u>New</u>	<u>Time</u>				

Smart start classes: The classes marked with • are designed to ease the beginning exerciser into their fitness journey: however, all of our classes are designed to accommodate multiple levels of fitness and ability.

SLO MULTIPLEX CLUB HOURS

Mon. - Thurs: 5 am - 9 pm Fri: 5 am - 8 pm Sat / Sun: 8 am - 5 pm

We look forward to meeting you and helping you with your fitness goals through our diverse class offerings. We have sessions for cardio, cycle, mind/ body and strength. If it is your first time to a class, please arrive 5 minutes early to introduce yourself to the instructor, we will give you tips for success in the class. Our classes are designed for all levels of fitness and experience.

See back for class descriptions

TIME	MC
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SLO MULTIPLEX

All classes are included with your membership.

STUDIO B										
MON	TUES	WED	THURS	FRI	SAT					
TOUR-45 Kat	5:30am TOUR-45 Eric / Lisa	TOUR-45 Eric		TOUR-45 Eric	8:15 am TOUR-45 Rotation					
TOUR-45 Emilie		TOUR-45 Kat		TOUR-45 Lindsey	10:30 am MOVE IT Sylvia					
	• YOGA Ester				Offered 2x a month ry 2nd & 4th Sat					
	TOUR-45 Lindsey	GENTLE YOGA Layce	TOUR-45 Lindsey	TOUR-45 Kat	SUN					
TOUR-45 Alisa		TOUR-45 Barb		TOUR-45 Buddy	8:15 am TOUR-45 Rotation					
BARRE CONNECT Corrine	★ 5:30pm REV UP Rachel	HIGH FITNESS Amanda	YOGA ● Jenn							
• AQ	UA CLA	SSES -	Outdoo	r Pool						
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