

Group Exercise Schedule

SUMMER 2024
Begins: 6/17/24

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	TOUR-45 Josette		TOUR-45 Josette			10:30am CENTERGY Jacqui/ Bobby
8:00am		BLAST Lori		POWER Sarema	HIGH-YO Sarema	SUN
9:15am	HIGH FITNESS Sarema	POWER Lori	HIIT + CORE Lori	BLAST Lori	GROOVE Cathie	
10:30am	ACTIVE* Terri	FIT & FUN* Peggy	CENTERGY Jacqui	FIT-4-LIFE* Peggy	ACTIVE* Lori	8:10am POWER Sarema
4:15pm	TOUR-45 Gayle	CYCLE 101 Gayle	POWER Lori			9:15am FIGHT Sarema
5:30pm	POWER Buddy	GROOVE Buddy	ZUMBA Conita	HIGH FITNESS Amanda	ZUMBA Jenny	10:30am YOGA* rotation
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				
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>Class Reservation Policy GET THE APP!! Reserve your spot online: www.kennedyclubs.com/download-reserve</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, 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>CLUB HOURS 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>*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>		