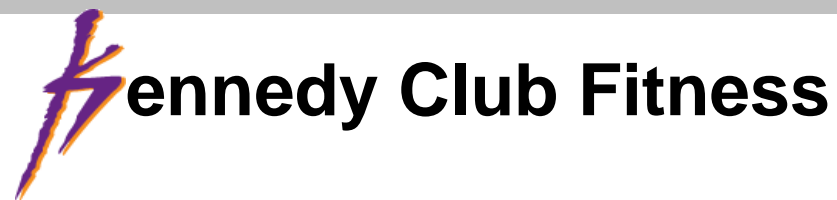


2024

Group Exercise Schedule

SLO MULTIPLEX

FALL
SCHEDULE
Starts SEPT 16



All classes are included with your membership.

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30AM		POWER Jeff	CENTERGY Jill	POWER Jeff		8:15 am POWER Instructor Rotation
7:35AM	★ ● CORE & STRETCH 30 Kat		● CORE & STRETCH 30 Kat			
						9:15 am FIGHT John
9:15AM	POWER Lauren	ACTIVE ● Laurie	MUSCLE UP Sylvia	GROOVE ● Sylvia	DANCE MIX Solina	10:30 am YOGA FLOW Isabella
10:30 AM	CENTERGY Jacqui		★ HIGH FITNESS - 45 Sarema		CENTERGY Jacqui	
12:00PM	MUSCLE UP Sylvia	YOGA FLOW Anthony	POWER Buddy	CENTERGY Laura	POWER Rotation	SUN
						9:15am GROOVE Rotation
5:30PM	POWER John	SMASH HIIT Corrine	FIGHT Sylvia	POWER John		10:30 am CENTERGY Rotation
6:45PM	YOGA FLOW Sharayah					

STUDIO B						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30AM	TOUR-45 Kat		TOUR-45 Eric		TOUR-45 Eric	8:15 am TOUR-45 Rotation
8:15AM	TOUR-45 Emilie		TOUR-45 Kat		TOUR-45 Lindsey	10:30am MOVE IT ● Sylvia
9:15AM		● YOGA Ester	held in the Basketball court	● GENTLE YOGA Lauren		Offered 2x a month-every 2nd & 4th Sat
12 NOON	★ ● PILATES Alisa	TOUR-45 Lindsey	GENTLE ● YOGA Olivia	TOUR-45 Lindsey		SUN
4:30PM			TOUR-45 Alisa		TOUR-45 Buddy	8:15am TOUR-45 Rotation
5:45PM	BARRE CONNECT Corrine		★ CENTERGY Corrine	YOGA Sharayah		

TIME	MON	TUES	WED	THURS	FRI	SAT
10:30AM	● Diane	● Kathy	● Diane	● Jennifer		

★ **New Class or New Time**

- **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

In the event of Heavy rain, wind or lightning, Aqua classe will be cancelled. Please contact the club 30 minutes prior to class start time for update.
Pool closes 15 minutes before club closes

CLASS RESERVATION POLICY

Reservations are required for ALL classes.

Down load the K app or reserve your spot online:
www.kennedyclubs.com/download-reserve

1. Sign up only yourself up to one day in advance
2. Please cancel reservation at least one hour prior to class start time
3. Some classes require set-up, so please arrive 5 to10 minutes prior to class.
4. Claim your reservation with the instructor in class.
5. Reservations given to alternates five minutes prior to start time

Please avoid late admittance into classes. Thank you