



STUDIO 1 / BB Court							STUDIO 2							
TIME	MON	TUES	WED	THURS	FRI	SAT	TIME	MON	TUES	WED	THURS	FRI	SAT	
6:00am		Barre-Connect 30 - Erin				8:00am POWER rotation	5:30am	Tour-45 Saulo/Kaitlin		TOUR-45 Lolita		TOUR-45 Eirin	9:00am TOUR-45 rotation	
8:00am	POWER Crystal		POWER Lori				6:00am							
8:30am				Group CORE Katie P.	POWER Joddy		6:30am							
9:00am		Cardio Sculpt **Kristi					8:30am	Tour-45 Brooke		TOUR-45 Bob				TOUR-60 Bob
9:00am		BARRE Rachel					9:15am **ZUMBA rotation	11:15am			Silver Cycle Barbara			
9:15am	**ZUMBA Jennifer		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin		10:30am CENTERGY rotation	12:00pm		Silver Cycle Lolita		*Every 1st & 3rd Thurs.		
9:15am	HIIT-Strong Kristi		ACTIVE **Joddy	Cardio Sculpt **Kristi		SUN	6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		9:00am TOUR-45 rotation	
10:30am	ACTIVE Barb	● YOGA **Barbara	Centergy rotation	YOGA Lauren	*Check APP for Pop-Ups		Reservations given to alternates 5 minutes prior to class start time.							
12:00pm	Mobility Yoga/ Gentle Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl		<b>AQUA CLASSES</b>							
4:30pm		ACTIVE Joddy/Sheryl					8:30am BARRE CONNECT Erin	TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon				10:00 am	10:00am	AQUA - SC Star	AQUA -SC Renee	AQUA -SC Libby/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
5:45pm		● YOGA Britney		POWER Sarah			YOGA rotation	11:15am	*Aqua-45min rotation		*Aqua-45 min Sheryl	*Aqua Deep-45 Star		
6:00pm	*POWER-30 Pop-Ups		ZUMBA **Javi				*11:15am AQUA CLASSES WILL BEGIN WHEN THE ATASCADERO POOL STARTS RENOVATIONS - DATE TBA					AQUA INFO LC = Long Course SC = Short Course		

In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please

We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. Please keep us posted on how we are doing. We are here for you!

- ★ - New Class or New Time
- - Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate multiple levels of fitness and ability.
- \*\* - Located on Basketball Court

## Online Reservations GET THE APP !



**Reservations required for ALL CLASSES**  
You can use the App or call Front Desk  
-Sign up 1 day in advance  
-Check in at Front Desk

Need to Cancel Reservation?  
Please do so at least 1 hour prior to make room for waitlist  
Reservations given to waitlist 5 minutes prior to start time.

**CLUB HOURS**  
M-Thr 5am -9pm  
Fri. 5am -8pm  
Sat: 7am -7pm  
Sun: 7am -6pm

**KIDS CLUB**  
Mon.-Fri. 8am-1pm  
Tues. 4-7:00  
Sat - 8am-11pm  
Reservations required  
Contact - 805-226-4343