

# Group Exercise Schedule

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  9:15am **ZUMBA rotation  10:30am CENTERGY rotation	5:30am	Tour-45 Saulo/Kaitlin		TOUR-45 Lolita		TOUR-45 Eirin	9:00am TOUR-45 rotation    *Every 1st & 3rd Thurs. ↓
8:00am	POWER Crystal		POWER Lori				6:00am						
8:30am				Group CORE Katie P.	POWER Lori		6:30am						
9:00am		Cardio Sculpt **Kristi					8:30am	Tour-45 Brooke		TOUR-45 Bob		TOUR-60 Bob	
9:00am		BARRE Rachel					11:00am				★ Silver Cycle Barbara		
9:15am	**ZUMBA Jennifer		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin		12:00pm		Silver Cycle Lolita				
9:15am	HIIT-Strong Kristi		ACTIVE **Joddy	Cardio Sculpt **Kristi			6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		
10:30am	ACTIVE Barb	● YOGA **Barbara	Centergy rotation	YOGA FLOW Lauren Shannon	*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>SUN</b>	<b>AQUA CLASSES</b>						
4:30pm		ACTIVE Joddy/Sheryl				8:30am BARRE CONNECT Erin	<b>TIME</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation	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			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 DISCONTINUE when Atascadero Pool renovations are complete					<b>AQUA INFO</b> 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.



- ★ - 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
- \*\* - 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

### 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