

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 SUN	5:30am	Tour-45 Saulo/Kaitlin		TOUR-45 Lolita		TOUR-45 Eirin	9:00am TOUR-45 rotation TOUR-60 Bob SUN 9:00am TOUR-45 rotation	
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		*Every 1st & 3rd Thurs. ↓			
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	AQUA CLASSES								
4:30pm		ACTIVE Joddy/Sheryl				8:30am BARRE CONNECT Erin	10:00am	AQUA - SC Star	AQUA - SC Sharon	AQUA - SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl	
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation	*11:15am AQUA CLASSES WILL DISCONTINUE when Atascadero Pool renovations are complete					AQUA INFO LC = Long Course SC = Short Course		
5:45pm		● YOGA Britney		POWER Sarah		In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please								
6:00pm	*POWER-30 Pop-Ups		ZUMBA **Javi/Carmen											

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