



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 Lolita		TOUR-45 Eirin	9:00am TOUR-45 rotation 9:00am TOUR-45 rotation SUN	
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 Victor		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		★ StepStrong **Cathy	Cardio Sculpt **Kristi	FIGHT 9:45am every other Friday, check app for times		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	TIME	MON	TUES	WED	THURS		FRI
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation	10:00am	AQUA - SC Star	AQUA -SC Sharon	AQUA -SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl	
5:45pm		● YOGA Britney		POWER Sarah		*11:15am AQUA CLASSES WILL DISCONTINUE when Atascadero Pool renovations are complete								
6:00pm	*POWER-30 Pop-Ups		ZUMBA **Javi/Carmen			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

KENNEDY CLUB *ADVENTURE* 805.239.8488 500 S River Rd