

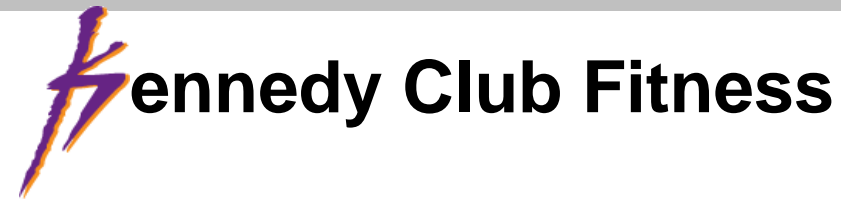
2025

Group Exercise Schedule

SLO MULTIPLEX

WINTER SCHEDULE

Updated April 2



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 CIRCUIT 30 Kat		● CORE CIRCUIT 30 Kat	★ ● CORE CIRCUIT 30 Kat / Rachel		
9:15AM			★ ● RENEW STRETCH & BALANCE held in the Basketball court Javelin			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			★ ● CORE CIRCUIT 30 Chloe / Sylvia	CENTERGY Jacqui	
12:00PM	MUSCLE UP Sylvia	YOGA FLOW Anthony	POWER Buddy	CENTERGY John	POWER & T.B.W Rotate	SUN
					Check app for format and instructor	9:15am GROOVE Rotation
5:30PM	POWER John	SMASH H.I.I.T Corrine	FIGHT Sylvia	POWER John		10:30 am CENTERGY Rotation
6:30 / 6:45 PM	● 6:45 YOGA FLOW Sharayah	★ ● 6:30 CORE CIRCUIT 30 Corrine				

★ **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 7 am - 6 pm 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

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	★ 10:30 am MOVE IT Sylvia
9:15AM		● YOGA ★ Ester				
12 NOON	● PILATES Alisa	TOUR-45 Lindsey	★ GENTLE YOGA Captian	TOUR-45 Lindsey		SUN
4:30 / 5:00 PM			4:30 TOUR-45 Alisa	★ 5:00 DANCE MIX Christiana	4:30 TOUR-45 Buddy	8:15am TOUR-45 Rotation
5:45PM	BARRE CONNECT Corrine		CENTERGY Corrine	● 6:15 YOGA Bettina		

Aqua classes (Outdoor Pool)

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

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