



Atascadero

# Group Exercise Schedule

SUMMER 2025  
Effective June 16th

## MAIN STUDIO

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		SculptFlow Bethany		POWER Todd	CENTERGY Katie P	8:30am POWER Rotation
8:00am					Group CORE Katie P	
8:45am	STEPStrong Cathy	CoreHIIT Kristen	POWER Brad	ACTIVE Barb	Cardio Sculpt Katie K	
9:15am	★			Clubhouse →	Stretch & Renew -30 Katie P.	9:45am BLAST Shannon
10:00am	Warrior Strength Katie K	Restorative ● YOGA Marissa	BARRE Connect Barb	CENTERGY Melissa	ZUMBA Julie	
12:00pm	PRIME TIME Sheryl	CENTERGY Katie P	● YOGA Ester	PRIME TIME ● Fran	● PILATES SCULPT Jani	SUN
4:30pm	BLAST Shannon	SCULPT Cheryl	CENTERGY Victor	SCULPT Cheryl		★ 8:30am (Cardio)SCULPT/ MUSCLE UP Rotation
5:45pm	POWER Brad	FIGHT John	ZUMBA Carolyn	● YOGA Ester		
						10:00am CENTERGY Rotation

*We are proud to be the central coasts leader in Group Exercise and are excited to expand our lineup of classes.*

*We promise to continually strive to meet and exceed your expectations.*

*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

**Clubhouse** - Located next to cycling studio by outdoor pool

## CYCLING STUDIO

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR 60 Pete		TOUR 60 Pete		TOUR 45 Libby	8:15 TOUR 60 Pete
8:45am	Cycle CORE Jani	Just RIDE Brad		TOUR 45 Nancy	TOUR 45 Victor	SUN
11:30am			Silver Cycle Libby ●		Reservations given to alternates 5 minutes prior to start time	8:45 TOUR 45 Rotation

## ● AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	AQUA Sheryl	AQUA Janice	AQUA Libby	Deep AQUA Star	AQUA Kayla	10:00am AQUA Rotation
6:00pm			AQUA Sheryl			

In the event of rain or lightning, Aqua classes will be canceled.  
Please contact the club 30 minutes prior to class start time for update.

## Online Reservations GET THE APP!



ALL Classes Require Reservations  
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  
Reservations given to waitlist 5 minutes  
prior to start time.

### Club Hours

M-Th 5am - 9pm  
Friday 5am - 8pm  
Sat 7:30am - 5pm  
Sun 8am - 4pm