



Group Exercise Schedule

STUDIO 1 / BB Court

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Barre-Connect 30 - Erin				8:00am POWER rotation
8:00am	POWER Crystal		POWER Lori			
8:30am				Group CORE Katie P.	POWER Lori	
9:00am		Cardio Sculpt **Kristi				
9:00am		BARRE Rachel				9:15am **ZUMBA rotation
9:15am	**ZUMBA Jennifer		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi	FIGHT 9:45am every other Friday, check app for times	10:30am CENTERGY rotation
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy rotation	YOGA FLOW Lauren Shannon	*Check APP for Pop-Ups	
12:00pm	Mobility Yoga/ Gentle Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN
4:30pm		ACTIVE Joddy/Sheryl				8:30am BARRE CONNECT Erin
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation
5:45pm		YOGA Britney		POWER Sarah		
6:00pm	*POWER-30 Pop-Ups		ZUMBA **Javi/Carmen			

STUDIO 2

TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am			TOUR-45 Lolita		TOUR-45 Eirin	9:00am TOUR-45 rotation
6:00am						
6:30am						
8:30am	Tour-45 Victor		TOUR-45 Bob		TOUR-60 Bob	
11:00am				Silver Cycle Barbara		SUN
12:00pm		Silver Cycle Lolita		*Every 1st & 3rd Thurs.		
6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		9:00am TOUR-45 rotation
Reservations given to alternates 5 minutes prior to class start time.						

AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	AQUA - SC Star	AQUA -SC Sharon	AQUA -SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
*11:15am AQUA CLASSES WILL DISCONTINUE when Atascadero Pool renovations are complete				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