2025

Group Exercise Schedule

SUMMER SCHEDULE

Hennedy Club Fitness

Starts JUNE 16

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			held in th Basketball			9:15 am FIGHT John					
9:15AM	POWER John	ACTIVE Laurie	MUSCLE UP Sylvia	GROOVE Sylvia	DANCE MIX Solina	10:30 am YOGA FLOW Isabella					
10:30 AM	CENTERGY Jacqui				CENTERGY Jacqui						
12:00PM	MUSCLE UP Sylvia	YOGA FLOW Anthony	POWER Buddy	CENTERGY John	POWER & T.B.W Rotate	SUN					
					Check app for dates, format and instructor	9:15am GROOVE Rotation					
5:30PM	POWER Lauren	SMASH H.I.I.T Corrine	FIGHT Sylvia	POWER John		10:30 am CENTERGY Rotation					
6:30 / 6:45 PM	<u>6:45</u> YOGA FLOW Rotation	6:30 CORE CIRCUIT 30 ● Corrine									
the beginnii	ng exerciser i	s: The class nto their fiti	es marked w ness journey nultiple level	ith ●are de however, a	ll of our clas						
F	Mon - Thu	rs 5 am -	LEX CLUE 9 pm F pm Su	-ri 5 am	-						
through o body ar early to i	ur diverse cla nd strength. I ntroduce you	ass offerings f it is your fir rself to the ir	and helping . We have se st time to a cl nstructor, we ned for all lev	ssions for ca ass, please a will give you	rdio, cycle, r arrive 5 minu tips for succ	mind/ utes cess					

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					
9:15 / 9:30 AM	9:30 RENEW STRETCH & BALANCE Javelin	9:15 YOGA Ester									
12 NOON	PILATES ● ^{Alisa}	TOUR-45 Lindsey	GENTLE • YOGA Captian	TOUR-45 Lindsey	PILATES Alisa	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					
5:45 / 6:15 PM	5:45 BARRE CONNECT Corrine		<u>5:45</u> 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. <i>Pool closes 15 minutes before club closes</i>											
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. Ple	ease cance	l reservation	at least one	e hour prior	to class sta	rt time					
3. S	ome classe	es require so p	et-up, so pl prior to clas		e 5 to10 mii	nutes					
4. Claim your reservation with the instructor in class.											
5. Re		s given to all				t time					
	Please avoid late admittance into classes. Thank you										

www.kennedyclubs.com 188 Tank Farm Rd, 93401 (805) 781 - 3488

SLO MULTIPLEX

All classes are included with your membership.