2025

Group Exercise Schedule

SUMMER SCHEDULE

Hennedy Club Fitness

Starts JUNE 16

TIME	MON	TUES	WED	THURS	FRI	SAT					
6:30AM		POWER Jeff	CENTERGY Jill	POWER Jeff		8:15 am POWER					
7:35AM	 CORE CIRCUIT 30 Kat 		 CORE CIRCUIT 30 Kat 		CORE CIRCUIT 30 Kat / Rachel	Instructor Rotation					
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					
10:30 AM	CENTERGY Jacqui				CENTERGY Jacqui	YOGA FLOW Isabella					
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 beginni	ng exerciser i	s: The class nto their fit	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 in	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 mini tips for succ	mind/ utes cess					

See back for class descriptions

		S	TUDIO	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		5:45 CENTERGY Corrine			
	Αqι	ua class	ses (Ou	tdoor F	Pool)	
TIME	MON	TUES	WED	THURS	FRI	SAT
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10:30AM	• Diane	• Christiana	Diane	Jennifer		
10:30AM	In the event Please co	Christiana of Heavy rain, wi ntact the club 30 Pool closes 15	ind or lightning, minutes prior to	Aqua classe w o class start tim	e for update.	
10:30AM	In the event Please co F	of Heavy rain, wi ntact the club 30	ind or lightning, minutes prior to 5 <i>minutes bei</i>	Aqua classe w o class start tim fore club clo	ie for update. SES	
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SLO MULTIPLEX

All classes are included with your membership.

Please avoid late admittance into classes. Thank you