

5:45pm

6:00pm

*POWER-30

Pop-Ups

Group Exercise Schedule

SUMMER August 4th, 2025

#													
STUDIO 1 / BB Court							STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT	TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Barre-Connect 30 - Erin					5:30am			TOUR-45 Libby		TOUR-45 Eirin	
8:00am	POWER Crystal		POWER Lori			<u>8:00am</u>	6:00am						0:00am
8:30am				Group CORE Katie P.	POWER Lori	POWER rotation	6:30am						9:00am TOUR-45 rotation
9:00am		Cardio Sculpt **Kristi				<u>9:15am</u>	8:30am	Tour-45 Victor		TOUR-45 Bob		TOUR-60 Bob	
9:00am		BARRE Rachel				**ZUMBA rotation	11:00am				Silver Cycle Libby		
9:15am	**ZUMBA Tiffaney		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	10:30am	12:00pm		Silver Cycle Barbara		*Every 1st & 3rd Thurs. ■		SUN
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi	FIGHT 9:45am every other Friday, check app for times	CENTERGY rotation	6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		<u>9:00am</u> TOUR-45
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy rotation	YOGA FLOW Lauren Shannon	*Check APP for Pop-Ups			Reservations given to alternates 5 minutes prior to class start time.					
12:00pm	Gentle Yoga Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN	AQUA CLASSES						
4:30pm		ACTIVE Joddy/Sheryl				8:30am BARRE	TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			CONNECT Erin 10:00 am	10:00am	AQUA - SC Star	AQUA -SC Sharon	AQUA -SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	
						. 3.00 0.111							

YOGA

rotation

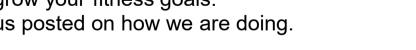
We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. Please keep us posted on how we are doing.

ZUMBA

* *Javi/Carmen

YOGA

Britney



POWER

Sarah

- 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

** - Located on Basketball Court

Online Reservations GET THE APP!

In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please



*11:15am AQUA CLASSES WILL DISCONTINUE

when Atascadero Pool renovations are complete

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

CLUB HOURS

AQUA INFO

LC = Long Course

SC = Short Course

<u>10:00am</u>

AQUA -SC

Sheryl

M-Thr 5am -9pm Fri. 5am -8pm Sat: 7am -7pm 7am -6pm Sun:

KIDS CLUB

Mon.-Fri. 8am-1pm Tues. 4-7:00 Sat - 8am-11pm Reservations required Contact - 805-226-4343