



Paso Robles

Adventure

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				8:00am POWER rotation	5:30am			TOUR-45 Libby		TOUR-45 Eirin	9:00am TOUR-45 rotation
8:00am	POWER Crystal		POWER Lori				6:00am						
8:30am				Group CORE Katie P.	POWER Lori		6:30am						
9:00am		Cardio Sculpt **Kristi					8:30am	Tour-45 Victor		TOUR-45 Bob		TOUR-60 Bob	
9:00am		BARRE Rachel					11:00am				Silver Cycle Libby		
9:15am	**ZUMBA Tiffany		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	9:15am **ZUMBA rotation	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		6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		9:00am TOUR-45 rotation
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		AQUA CLASSES						
4:30pm		ACTIVE Joddy/Sheryl					TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			8:30am BARRE CONNECT Erin	10:00am	AQUA - SC Star	AQUA -SC Sharon	AQUA -SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
5:45pm		YOGA Britney		POWER Sarah		10:00 am YOGA rotation							
6:00pm	*POWER-30 Pop-Ups		ZUMBA ** Javi/Carmen				*11:15am AQUA CLASSES WILL DISCONTINUE when Atascadero Pool renovations are complete					AQUA INFO LC = Long Course SC = Short Course	
<div><div><div>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.</div><div>★ - New Class or New Time</div><div>● - Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate</div><div>** - Located on Basketball Court</div></div><div></div></div> <td colspan="7">In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please</td>							In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please						
							<div><div><div>Online Reservations GET THE APP !</div><div></div><div>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</div></div><div><div>CLUB HOURS M-Thr 5am -9pm Fri. 5am -8pm Sat: 7am -7pm Sun: 7am -6pm</div><div>KIDS CLUB Mon.-Fri. 8am-1pm Tues. 4-7:00 Sat - 8am-11pm Reservations required Contact - 805-226-4343</div></div></div>						