




| STUDIO 1 / BB Court  |                         |   |                         |                                 |  |                                    | STUDIO 2   |   |                         |                        |                               |                   |                               |
|--|-------------------------|---|-------------------------|---------------------------------|--|------------------------------------|--|---|-------------------------|------------------------|-------------------------------|-------------------|-------------------------------|
| TIME   | MON                     | TUES                                      | WED                     | THURS                           | FRI  | SAT                                | TIME   | MON   | TUES                    | WED                    | THURS                         | FRI               | SAT                           |
| 6:00am   | ★CENTERGY<br>Victor     | Barre-Connect<br>30 - Erin                |                         |                                 | ★ POWER<br>Sarah   | 8:00am<br>POWER<br>rotation        | 5:30am   |   |                         | TOUR-45<br>Libby       |                               | TOUR-45<br>Eirin  | 9:00am<br>TOUR-45<br>rotation |
| 8:00am   | POWER<br>Crystal        |   | POWER<br>Lori           |                                 |  |                                    | 6:00am   |   |                         |                        |                               |                   |                               |
| 8:30am   |                         |   |                         | Group CORE<br>Katie P.          | POWER<br>Rotation  |                                    | 6:30am   |   |                         |                        |                               |                   |                               |
| 9:00am   |                         | Cardio Sculpt<br>**Kristi                 |                         |                                 |  |                                    | 8:30am   | ★ Tour-45<br>Brooke   |                         | TOUR-45<br>Bob         |                               | TOUR-60<br>Bob    |                               |
| 9:00am   |                         | BARRE<br>Rachel                           |                         |                                 |  |                                    | 11:00am  |   |                         |                        | Silver Cycle<br>Barbara/Libby |                   |                               |
| 9:15am   | **ZUMBA<br>Tiffany      |   | ZUMBA<br>Julie          | Centergy<br>Katie P             | BarreConnect<br>**Erin                                     | 9:15am<br>**ZUMBA<br>rotation      | 12:00pm  |   | Silver Cycle<br>Barbara |                        | *Every 1st & 3rd<br>Thurs.    |                   | SUN                           |
| 9:15am   | HIIT-Strong<br>Kristi   |   | StepStrong<br>**Cathy   | Cardio Sculpt<br>**Kristi       | FIGHT 9:45am<br>every other Friday,<br>check app for times |                                    | 6:00pm   |   | TOUR-45<br>Eirin        |                        | Speed Cycle<br>Eirin          |                   |                               |
| 10:30am  | ACTIVE<br>Barb          | ● YOGA<br>**Barbara                       | Centergy<br>rotation    | YOGA FLOW<br>Lauren Shannon     | *Check APP<br>for Pop-Ups                                  | 10:30am<br>CENTERGY<br>rotation    | Reservations given to alternates 5 minutes prior to class start time.  |   |                         |                        |                               |                   |                               |
| 12:00pm  | ● Gentle Yoga<br>Sculpt | ● 30 Minute Senior<br>Fit Starter Class ★ | ● PILATES<br>Brenda     | ● CHAIR/GENTLE<br>YOGA - Andrea | ● PRIME TIME<br>Sheryl                                     |                                    | SUN  | AQUA CLASSES  |                         |                        |                               |                   |                               |
| 4:30pm   |                         | ACTIVE<br>Joddy/Sheryl                    |                         |                                 |  | 8:30am<br>BARRE<br>CONNECT<br>Erin | TIME   | MON   | TUES                    | WED                    | THURS                         | FRI               | SAT                           |
| 5:00pm   | CENTERGY<br>Chelsea     |   | BLAST-45<br>Shannon     |                                 |  |                                    | 10:00am  | AQUA - SC<br>Star   | AQUA -SC<br>Sharon      | AQUA -SC<br>Renee/Sara | AQUA-SC<br>Sharon             | AQUA-SC<br>Sheryl | 10:00am<br>AQUA -SC<br>Sheryl |
| 5:45pm   |                         | ● YOGA<br>Britney                         |                         | ★ POWER<br>Bridgette            |  | 10:00 am<br>YOGA<br>rotation       |  |   |                         |                        |                               |                   |                               |
| 6:00pm   |                         |   | ZUMBA<br>** Javi/Carmen |                                 |  |                                    |  | *11:15am AQUA CLASSES WILL DISCONTINUE<br>when Atascadero Pool renovations are complete |                         |                        |                               |                   |                               |
| <div>We are excited to welcome you all back with our<br/>ever-expanding host of classes.<br/>We will continue to strive to meet and exceed your expectations and<br/>help grow your fitness goals.<br/>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<br/>into their fitness regime. Keep in mind all classes are designed to accommodate</div> <div>** - Located on Basketball Court</div> |                         |   |                         |                                 |  |                                    | In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please  |   |                         |                        |                               |                   |                               |
|  |                         |   |                         |                                 |  |                                    | Online Reservations<br>GET THE APP !<br>  |   |                         |                        |                               |                   |                               |
|  |                         |   |                         |                                 |  |                                    | Reservations required for ALL CLASSES<br>You can use the App or call Front Desk<br>-Sign up 1 day in advance<br>-Check in at Front Desk<br><br>Need to Cancel Reservation?<br>Please do so at least 1 hour prior to make room for waitlist |   |                         |                        |                               |                   |                               |
|  |                         |   |                         |                                 |  |                                    | CLUB HOURS<br>M-Thr 5am -9pm<br>Fri. 5am -8pm<br>Sat: 7am -7pm<br>Sun: 7am -6pm<br><br>KIDS CLUB<br>Mon.-Fri. 8am-1pm<br>Tues. 4-7:00<br>Sat - 8am-11pm<br>Reservations required<br>Contact - 805-226-4343                                 |   |                         |                        |                               |                   |                               |