



Atascadero

Group Exercise Schedule

FALL 2025
Updated Oct 13th

MAIN STUDIO

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		SculptFlow Bethany		POWER Todd	CENTERGY Katie P	8:30am POWER Rotation
8:00am					Group CORE Katie P	
8:45am	STEPStrong Cathy	CoreHIIT Kristen	POWER Brad	● ACTIVE Barb	Cardio Sculpt Kristi	
						9:45am BLAST Shannon
10:00am	Warrior Strength Brooke/Victor	Restorative ● YOGA Marissa	BARRE Connect Barb	CENTERGY Melissa	ZUMBA Julie	
11:15am	★			Clubhouse -->	● Stretch & Renew 45 Lauren	
12:00pm	PRIME TIME Sheryl	CENTERGY Katie P	● YOGA Ester	PRIME TIME ● Fran	● PILATES SCULPT Jani	SUN
4:30pm	BLAST Shannon	SCULPT Cheryl	CENTERGY Victor	SCULPT Cheryl		★ 8:30am (Cardio)SCULPT/ MUSCLE UP Rotation
5:45pm	POWER Brad	FIGHT John	ZUMBA Carolyn	● YOGA Ester		
						10:00am CENTERGY Rotation

We are proud to be the central coasts leader in Group Exercise and are excited to expand our lineup of classes.

We promise to continually strive to meet and exceed your expectations.

*Please keep us posted on how we are doing.
We are here for you!*

★ - 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 multiple levels of fitness and ability

Clubhouse - Located next to cycling studio by outdoor pool

CYCLING STUDIO

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	TOUR 60 Pete		TOUR 60 Pete		TOUR 45 Libby	8:15 TOUR 60 Pete
8:45am	Cycle CORE Jani	Just RIDE Brad		TOUR 45 Nancy	TOUR 45 Victor	SUN
					Reservations given to alternates 5 minutes prior to start time	8:45 TOUR 45 Nancy
11:30am			Silver Cycle Libby ●			

● AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	AQUA Sheryl	AQUA Janice	AQUA Libby	Deep AQUA Star	AQUA Rotation	10:00am AQUA Rotation
6:00pm			AQUA Sheryl			

In the event of rain or lightning, Aqua classes will be canceled.
Please contact the club 30 minutes prior to class start time for update.

Online Reservations GET THE APP!



ALL Classes Require Reservations
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
Reservations given to waitlist 5 minutes
prior to start time.

Club Hours

M-Th 5am - 9pm
Friday 5am - 8pm
Sat 7:30am - 5pm
Sun 8am - 4pm