

Group Exercise Schedule

WINTER
 January 12th, 2025

STUDIO 1 / BB Court							STUDIO 2								
TIME	MON	TUES	WED	THURS	FRI	SAT	TIME	MON	TUES	WED	THURS	FRI	SAT		
6:00am	CENTERGY Victor	Barre-Connect 30 - Erin				8:00am POWER rotation 9:15am **ZUMBA rotation 10:30am CENTERGY rotation SUN	5:30am			★ TOUR-45 Lolita/Victor			9:00am TOUR-45 rotation SUN 9:00am TOUR-45 rotation		
8:00am	POWER Crystal		POWER Lori				6:00am								
8:30am				Group CORE Kristi/Sheryl	POWER Ashley		6:30am								
9:00am		Cardio Sculpt **Kristi					8:30am	Tour-45 Brooke		TOUR-45 Bob		TOUR-60 Bob			
9:00am		BARRE Rachel					11:00am				Silver Cycle Barbara/Libby				
9:15am	**ZUMBA Tiffaney		ZUMBA Julie	Centergy Tiffaney	BarreConnect **Erin		12:00pm		Silver Cycle Barbara						
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi	FIGHT 9:45am all Fridays but the 3rd one		6:00pm		TOUR-45 rotation		Speed Cycle on hold until Spring				
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy Laura C.	YOGA FLOW Lauren Shannon	Non-Stop Step every 3rd Friday			Reservations given to alternates 5 minutes prior to class start time.							
12:00pm	Gentle Yoga Sculpt	30 Minute Senior Fit Starter Class	PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN	AQUA CLASSES								
4:30pm		ACTIVE Joddy/Sheryl				8:30am	BARRE CONNECT Erin 10:00 am	TIME	MON	TUES	WED	THURS			
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00am	AQUA - SC Star	AQUA - SC ★ T.J.	AQUA - SC Renee/Sara	No Class Jan.15th - Apr.1st	AQUA-SC Sheryl				
5:45pm		YOGA Britney		POWER Bridgette								10:00am AQUA -SC Sheryl			
6:00pm		★ ZUMBA **Javi/Heather								AQUA INFO LC = Long Course SC = Short Course					
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.							In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please								
 ★ - 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 !  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 <u>Need to Cancel Reservation?</u> <u>Please do so at least 1 hour prior to make room for waitlist</u>							CLUB HOURS M-Thr 5am -9pm Fri. 5am -8pm Sat: 7am -7pm Sun: 7am -6pm KIDS CLUB Mon.-Fri. 8am-1pm Tues. 4-7:00 Sat - 8am-11pm <u>Reservations required</u> <u>Contact - 805-226-4343</u>	