




# Group Exercise Schedule

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	5:30am			★ TOUR-45 Lolita/Victor			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				9:15am **ZUMBA rotation	11:00am				Silver Cycle Barbara/Libby		SUN		
9:15am	**ZUMBA Tiffany		ZUMBA Julie	Centergy Tiffany	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	10:30am CENTERGY rotation	6:00pm		TOUR-45 rotation		Speed Cycle on hold until Spring		9:00am TOUR-45 rotation		
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 YOGA rotation	TIME	MON	TUES	WED	THURS	FRI	SAT		
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	10:00am AQUA -SC Sheryl		
5:45pm		● YOGA Britney		POWER Bridgette											
6:00pm			★ ZUMBA ** Javi/Heather								AQUA INFO LC = Long Course SC = Short Course				
<div><p>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.</p><p>★ - New Class or New Time</p><p>● - Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate</p><p>** - Located on Basketball Court</p></div>							In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please								
							<div><h3>Online Reservations</h3><p>GET THE APP !</p><p><b>Reservations required for ALL CLASSES</b> You can use the App or call Front Desk -Sign up 1 day in advance -Check in at Front Desk</p><p><u>Need to Cancel Reservation?</u> Please do so at least 1 hour prior to make room for waitlist</p></div>							<div><h3>CLUB HOURS</h3><p>M-Thr 5am -9pm Fri. 5am -8pm Sat: 7am -7pm Sun: 7am -6pm</p><h3>KIDS CLUB</h3><p>Mon.-Fri. 8am-1pm Tues. 4-7:00 Sat - 8am-11pm Reservations required Contact - 805-226-4343</p></div>	