



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 9:15am **ZUMBA rotation 10:30am CENTERGY rotation	5:30am			★ TOUR-45 Lolita/Victor			9:00am TOUR-45 rotation 9:00am TOUR-60 Bob 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			
9:00am		BARRE Rachel					11:00am				Silver Cycle Barbara/Libby		
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		6:00pm		TOUR-45 Eirin			30 min Speed Cycle - 1st and 3rd Thur.	
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		★ POWER Bridgette		8:30am BARRE CONNECT Erin	TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation	10:00am	AQUA - SC Star	AQUA -SC T.J.	AQUA -SC Renee/Sara	AQUA -SC Brittany	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
5:45pm		YOGA Britney											
6:00pm			ZUMBA **Javi/Heather										
7:00pm		★ Zumba/MixedFit Isabella/Nikki					AQUA INFO LC = Long Course SC = Short Course In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please contact the club 30 minutes prior to class start time for update.						

We are excited to welcome you all 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.
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.



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

[Need to Cancel Reservation?](#)

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
Reservations required

** - Located on Basketball Court

Please do so at least 1 hour prior to make room for waitlist
Reservations given to waitlist 5 minutes prior to start time.

Reservations Required
Contact - **805-226-4343**

KENNEDY CLUB ADVENTURE 805.239.8488 500 S River Rd