

FALL SCHEDULE starts
AUGUST 31

 Kennedy Club Fitness

All classes are included with your membership.

STUDIO A						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30AM		POWER Jeff		POWER Jeff		8:15 am POWER Instructor Rotation
7:35AM	● CORE CIRCUIT 30 Kat		● CORE CIRCUIT 30 Kat		● CORE CIRCUIT 30 Kat / Alisa	
9:15AM			held in the Basketball court	● RENEW STRETCH & BALANCE Javelin		
9:15AM	POWER John	● ACTIVE Laurie	MUSCLE UP Sylvia	GROOVE Sylvia	DANCE MIX Solina	9:15 am FIGHT John
10:30 AM	CENTERGY Jacqui		★ MOVE IT Sylvia	● ACTIVE Kathy	CENTERGY Jacqui	
12:00PM	MUSCLE UP Sylvia	★ YOGA Roxy	POWER Buddy	CENTERGY John	POWER & YOGA SCULPT Rotate	
					Check app for dates, format and instructor	SUN
						9:15am GROOVE Rotation
5:30PM / 5:45 PM	POWER Lauren	SMASH H.I.I.T Corrine	5:45 CENTERGY Corrine	POWER John		10:30am CENTERGY & YOGA Rotate
6:30PM / 6:45PM	6:45 YOGA FLOW Kathleen	6:30 CORE CIRCUIT 30 ● Corrine				Check app for dates, format and instructor

★ Rotation, New Time, or New class

- **Smart start classes:** The classes marked with ● are designed to ease the beginning exerciser into their fitness journey: however, all of our classes are designed to accommodate multiple levels of fitness and ability.



SLO MULTIPLEX CLUB HOURS

Mon - Thurs 5 am - 9 pm Fri 5 am - 8 pm
Sat 7 am - 6 pm Sun 8 am - 5 pm

We look forward to meeting you and helping you with your fitness goals through our diverse class offerings. We have sessions for cardio, cycle, mind/body and strength. If it is your first time to a class, please arrive 5 minutes early to introduce yourself to the instructor, we will give you tips for success in the class. Our classes are designed for all levels of fitness and experience.

See back for class descriptions

STUDIO B						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:30AM	TOUR-45 Kat		TOUR-45 Eric		TOUR-45 Eric	8:15 am TOUR-45 Rotation
8:15AM	TOUR-45 Emilie		TOUR-45 Kat		TOUR-45 Lindsey	10:30 am ● MOVE IT Sylvia
9:15AM	held in the Basketball court	● YOGA Ester	★ YOGA FLOW Roxy			
12 NOON	● PILATES Alisa	TOUR-45 Lindsey	★ MINDFUL MOVES Captain	TOUR-45 Lindsey	● PILATES Alisa	SUN
4:30 / 5:00 PM			4:30 TOUR-45 Alisa	5:00 DANCE MIX Christiana	4:30 TOUR-45 Buddy	8:15am TOUR-45 Rotation
5:30 / 5:45 6:15 PM	5:45 BARRE CONNECT Corrine	5:30 YOGA FLOW Annika	5:30 FIGHT Sylvia	6:15 YOGA SCULPT Sam		

Aqua classes (Outdoor Pool)

TIME	MON	TUES	WED	THURS	FRI	SAT
10:30AM	● Diane	● Christiana	● Diane	● LISA		

In the event of Heavy rain, wind or lightning, Aqua classe will be cancelled.
Please contact the club 30 minutes prior to class start time for update.
Pool closes 15 minutes before club closes

CLASS RESERVATION POLICY

Reservations are required for ALL classes.

Down load the K app or reserve your spot online:
www.kennedyclubs.com/download-reserve

1. Sign up only yourself up to one day in advance
 2. Please cancel reservation at least one hour prior to class start time
 3. Some classes require set-up, so please arrive 5 to10 minutes prior to class.
 4. Claim your reservation with the instructor in class.
 5. Reservations given to alternates five minutes prior to start time
- Please avoid late admittance into classes. Thank you