

Group Exercise Schedule

FALL
SEPT 16th, 2026

STUDIO 1 / BB Court

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Barre-Connect 30 Erin				
8:00am	POWER Crystal		POWER Lori			8:00am POWER rotation
8:30am				Group CORE Kristi/Sheryl	POWER Ashley	
9:00am		Cardio Sculpt **Kristi				9:15am **ZUMBA rotation
9:00am		BARRE Rachel				
9:15am	**ZUMBA Tiff/Heather		ZUMBA Julie	Centergy Tiffaney	BarreConnect **Erin	10:30am CENTERGY rotation
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi	9:45am FIGHT Rotation	
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy Laura C.	YOGA FLOW Lauren Shannon	Non-Stop Step every 3rd Friday	
12:00pm	Gentle Yoga Sculpt	30 Minute Senior Fit Starter Class	Yoga/Pilates/Tai Chi Fusion - Vicki	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN
4:30pm		ACTIVE Joddy/Sheryl		POWER Bridgette		8:30am BARRE CONNECT Erin
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation
5:45pm		YOGA Britney				
6:00pm			ZUMBA **Javi/Shay			
7:00pm						

STUDIO 2

TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am			TOUR-45 Lolita/Victor			
6:00am						9:00am TOUR-45 rotation
6:30am						(SPIVI will pop up on some weekend dates Sat. and/or Sun.)
8:30am			SpiVi Tour-45 Bob		SpiVi Tour-60 Bob	
11:00am				SpiVi Silver Cycle		
12:00pm		SpiVi Silver Cycle Barbara				SUN
6:00pm		TOUR-45 Eirin		30 min Speed Cycle - 1st and 3rd Thur.		9:00am TOUR-45 rotation
Reservations given to alternates 5 minutes prior to class start time.						

AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	AQUA - SC Star	AQUA -SC T.J.	AQUA -SC rotation	AQUA -SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
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.

** - 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

Need to Cancel Reservation?

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

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
Contact - 805-226-4343

KENNEDY CLUB *ADVENTURE* 805.239.8488 500 S River Rd