

## January 2018 Group Exercise Class Schedule

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|---|--|---|---|---|---|
| 8:00am (60min)<br>Group Cycling<br><i>Lisa</i> | 8:00am (55min)<br>Healthy Moves<br><i>Lourdes</i>                                   | <u>8:05am (50min)</u><br><u>Aquatic Interval</u><br><i>Lexi</i>  | 6:00am (50min)<br>Group Cycling<br><i>Nancy</i>                   | <u>8:05am (50min)</u><br><u>Aquatic Interval</u><br><i>Lexi</i> | 8:00am (55min)<br>Healthy Moves<br><i>Lourdes</i>   | 8:00am (60 min)<br>Zumba<br><i>Kristen Castillo</i>     |
| 9:00am (45min)<br>Tabata<br><i>Lisa</i>        | 8:30am (50min)<br>Group Cycling<br><i>Lexie</i>                                     | 8:30am (55min)<br>Strength Training<br><i>Lynnae</i>             | 8:00am (55min)<br>Healthy Moves<br><i>Nancy</i>                   | 8:30am (55min)<br>Strength Training<br><i>Brandi</i>            | 8:30am (50min)<br>Group Cycling<br><i>Rick</i>  | 9:00am (50min)<br>Group Cycling<br><i>Giovanna</i>      |
| 10:00am (60min)<br>Zumba<br><i>Michelle</i>    | 9:05am (60min)<br>Turbo Kick<br><i>Lynnae</i>                                       | 8:30am (55min)<br>Group Cycling<br><i>Rick</i>                   | 8:30am (50min)<br>Group Cycling<br><i>Mary</i>                    | <u>9:15am (50min)</u><br><u>H2O for Health</u><br><i>Debbie</i> | 9:05am (60min)<br>Turbo Kick<br><i>Lynnae</i>   | 9:00am (55min)<br>Step<br><i>Patti</i>                  |
|  | <u>9:15am (45min)</u><br><u>H2O for Health</u><br><i>Marcicela</i>                  | <u>9:15 am (50min)</u><br><u>H2O for Health</u><br><i>Audrey</i> | <u>9:15am (45min)</u><br><u>H2O for Health</u><br><i>Debbie</i>   | 9:30am (60min)<br>Cardio Blast<br><i>Brandi</i>                 | <u>9:15am (45min)</u><br><u>H2O for Health</u><br><i>Debbie</i>   | 10:00am (55min)<br>Strength Training<br><i>Giovanna</i> |
|  | 10:15am (60min)<br>Group Power<br><i>Mary</i>                                       | 9:30am (45min)<br>Tabata's<br><i>Giovanna</i>                    | 9:30 am (55min)<br>Strength Training<br><i>Mary</i>               | 9:30am (50min)<br>Group Cycling<br><i>Giovanna</i>              | 10:15am (60min)<br>Group Power<br><i>Mary</i>   | 11:15am (60min)<br>Yoga/Core<br><i>Ghadir</i>           |
|  | <u>10:15am (45min)</u><br><u>Power Packed</u><br><u>Aquatics</u><br><i>Maricela</i> | 9:30am (45min)<br>Yoga<br><i>Lynnae</i><br><i>R-Ball Ct.</i>     | <u>10:15am (60min)</u><br><u>H2O for Health</u><br><i>Angela</i>  | 10:30am (45min)<br>Pilates/Core<br><i>Lisa</i>                  | <u>10:15am (45min)</u><br><u>Power Packed</u><br><u>Aquatics</u><br><i>Debbie</i>   |   |
|  | 11:25am (60min)<br>Yoga<br><i>Lourdes</i>   | 10:30am (50min)<br>Zumba<br><i>Maricela</i>                      | 11:30 am (60 min)<br>Zumba<br><i>Maricela</i>                     | 11:30am (60min)<br>Zumba<br><i>Maricela</i>                     | 11:20am (60min)<br>Yoga<br><i>Lynnae</i>  |   |
|  |   | 11:30am (60min)<br>Strength<br><i>Lynnae</i>                     |   | 12:30pm (60min)<br>Strength<br><i>Ghadir</i>                    |   |   |
|  | 4:30pm (45min)<br>Cardio Sculpt<br><i>Dawn</i>                                      | 4:30pm (50min)<br>Group Cycling<br><i>Dawn</i>                   | 4:30pm (45 min)<br>Flexibility/Core<br><i>Steve</i>               | 4:30pm (60min)<br>20/20/20<br><i>Dawn</i>                       | 4:30pm (45 min)<br>Core/Flexibility<br><i>Steve</i>   |   |
|  | 5:15pm (45min)<br>Pilates<br><i>Dawn</i>  | 5:30pm (50min)<br>Strength Training<br><i>Dawn</i>               | <u>6:00pm (50min)</u><br><u>Aquatic Interval</u><br><i>Audrey</i> | 5:30pm (45min)<br>Pilates<br><i>Dawn</i>                        | 7:00pm (50min)<br><u>Aquatic Zumba</u><br><i>Michelle</i>   |   |
|  | 7:00pm (60min)<br>Step and Tone<br><i>Patti</i>                                     | 6:30pm (55min)<br>Zumba<br><i>Michelle</i>                       | 7:00pm (60min)<br>Yoga<br><i>Lourdes</i>                          | 7:00 pm (50min)<br>Zumba<br><i>Kristen Castillo</i>             |   |   |
|  |   | <u>7:00pm (50min)</u><br><u>Tidal Blast</u><br><i>Audrey</i>     | 8:00pm (45min)<br>Strength<br><i>Lourdes</i>                      | 8:00pm (60min)<br>Yoga<br><i>Lourdes</i>                        | <p><b>Please sign up for our Club Texts to receive notifications on cancelled or subbed classes. (Sign up is at check-in)</b></p> <p>Classes and Instructors are subject to change.</p> <p>Underline: Indicates Aquatic Group Exercise Class</p> <p><b>* Updated 1/1/18</b></p> |   |
|  |   | 8:00pm (50min)<br>Gentle Yoga<br><i>Lourdes</i>                  |   |   |   |   |