



The Hills Group Fitness Schedule

Updated Nov 1, 2021

Please arrive 5 minutes before start time for set up. Bring your own towel/mat, and plenty of water.

MONDAY

Master Swim w/Koung

Class time: 6:00am

Stroke Technique w/Koung

Class time: 7:05-7:30am

Spin w/ Jana

Tent

Class time: 6:30am

Tai Chi w/ Robin

Diablo Ct

Class time: 8:00 am

Yoga w/ Amie

Studio

Class time: 9:00 am

Cardio Mix - w/ Angelique

Diablo Ct

Class time: 9:00am

Spin/Sculpt w/ Virginia

Tent

Class time: 5:30pm

Yoga w/ Robert

Studio

Class time: 6:45 pm

TUESDAY

Morning H.I.I.T w/ Virginia

Diablo Ct

Class time: 6:15am

Tuesday-cont

\$ small group -TRX w/ Virginia Contact Front desk to register- for monthly group class

Class time: 8:00 am

Spin w/ Birgitte

Tent

Class time: 9:00 am

Outdoor Zumba w/ Kathleen

Tent

Class time: 10:15 am

Aqua Fitness w/ BZ

Class time: 9:00 am

Yoga w/ Stephanie

Tent/ Peak Fit

Class time: 6:15 pm

WEDNESDAY

Master Swim w/Shannon

Class time: 6:00am

Stroke Technique w/Shannon

Class time: 7:05-7:30am

Spin w/ Tori

Tent

Class time: 6:30 am

Tai Chi w/ Robin

Diablo Ct

Class time: 8:00 am

TBC w/ Angelique

Tent

Class time: 9:00 am

Core and More w/ Sara

Tent

Class time: 10:15 am

Spin/Sculpt w/ Jenn

Tent

Class time: 5:30pm

Yoga w/ Amber

studio

Class time: 6:45 pm

THURSDAY

Morning H.I.I.T. w/ Rich

Diablo Ct

Class time: 6:15am

Yoga w/ Anne Sophie

Studio

Class time: 6:45 am

Spin & Sculpt w/ Jana

Tent

Class time: 8:00am

Strength and Balance w/ Jana

Tent

Class time: 9:15 am

Aqua Fitness w/ Sandra

Class time: 9:00am

Outdoor Zumba w/ Sandra

Tent

Class time: 10:30am

FRIDAY

Master Swim w/Drew

Class time: 6:00am

Stroke Technique w/Drew

Class time: 7:05-7:30am

Spin w/ Jen

Tent

Class time: 6:15 am

Outdoor Power Hour w/ Jenn

Diablo Ct

Class time: 7:30 am

Spin & Core w/ Amy

Tent

Class time: 9:00 am

Pilates/Sculpt w/ Angelique

Studio

Class time: 11:15 am

Gentle Yoga w/ Annamaria

Studio

Class time: 4:00 pm

SATURDAY

Outdoor Bootcamp w/ Rich

Diablo Ct

Class time: 8:00 am

Spin w/ Tori

Tent

Class time: 8:00 am

Body and Sole w/ Kathleen

Class time: 9:15

TBC w/ Sara

Diablo Ct

Class time: 10:30

Sunday

Spin & Sculpt w/ Angelique

Tent

Class time: 9:00 am

Aqua Fitness w/ Sandra, Sally and Elaine

Class time: 9:00 am

Zumba w/ Debora and Bobbe

Tent

Class time: 10:15 am

IMPORTANT NOTES:

All classes open for registration 7 days in advance.

See weekly **Zoom** schedule for updates. All CAC Zoom classes are open to Hills members. Hills instructors currently teach:

Mon : 10:30 am Strength & Balance-Birgitte

Mon: 6:00 pm Roller w/ Therese

Wed: 1:00 pm Lindsay or Evan

Tues: 5:15 pm Pilates w/ BZ

Fri : 10:00 Pilates Party W/ Therese

Sun: 8:30 am yoga w/ Stephanie