



## The Hills Group Exercise Spring Outdoor Schedule

Instructors are subject to change. See online or call the front desk for any substitutions. Please ask for a copy of your Group Exercise protocol for necessary information regarding participation in class activities. Classes may be canceled due to inclement weather. There must be at least three members registered or class may be canceled.

**Note:** for all outdoor classes: **Please arrive 5 minutes** before start time for set up. Bring your own towel/mat, sunscreen, hat + plenty of water.

### MONDAY

**Outdoor Spin w/ Jana Registration opens 5 days in advance**  
Class time: 6:30am

**Outdoor TBC - w/ Angelique Registration opens 7 days in advance**  
*Diablo Court - as weather permits - tent if necessary*  
Class time: 9:00am

**Outdoor Spin/Sculpt w/ Virginia Registration opens 5 days in advance**  
Class time: 5:30pm

### TUESDAY

**Morning H.I.I.T w/ Virginia Registration opens 7 days in advance**  
*Diablo Court - as weather permits - tent if necessary*  
Class time: 6:30am

**\$ small group -TRX w/ Virginia Contact Front desk to register- for monthly group class**  
*Basketball court*  
Class time: 8:00 am

### TUESDAY Continued

**Outdoor Spin w/ Birgitte Registration opens 5 days in advance**  
Class time: 9:00am

**Outdoor Zumba w/ Kathleen Registration opens 7 days in advance**  
Class time: 10:15 am

**Aqua Aerobics w/ BZ Registration opens 5 days in advance**  
*Bring Aqua belt and towel. Belt rentals available.*  
Class time: 9:00am

**Aqua Aerobics w/ BZ Registration opens 5 days in advance**  
*bring Aqua belt and towel. Belt rentals available.*  
Class time: 10:00am

**\$ small group - Barre w/ Bruce Pre Registration required - spaces available.**  
*Arrive 5 minutes before class*  
Class time: 9:00am

**\*new class: Outdoor Yoga w/ Amie Registration opens 7 days in advance**  
*Basketball Court or Tent area as weather permits*  
Class time: 1:00 pm **\*( first class May 11 )**

### WEDNESDAY

**Outdoor Spin w/ Tori Registration opens 5 days in advance**  
Class time: 6:30am

**\*new class: Tai Chi w/ Robin Registration opens 7 days in advance**  
*Basketball Court - as weather permits - tent if necessary*  
Class time: 8:15 am

### WEDNESDAY -Continued

**\*new class: Core and More w/ Sara**  
Registration opens 7 days in advance  
Class time: 10:30 am

**Spin/Sculpt w/ Jenn Registration opens 5 days in advance**  
Class time: 5:30pm

### THURSDAY

**Morning H.I.I.T. w/ Rich Registration opens 7 days in advance**  
*Diablo Court - or tent if necessary*  
Class time: 6:30am

**Spin & Sculpt w/ Jana Registration opens 5 day in advance**  
Class time: 8:00am

**\*new class: Strength and Balance w/ Jana**  
Registration opens 7 days in advance  
Class time: 9:15 am

**Aqua Fitness w/ Sandra Registration opens 5 days in advance**  
*Bring Aqua belt and towel. Belt rentals available*  
Class time: 9:00am

**Outdoor Zumba w/ Sandra**  
Registration opens 7 days in advance  
Class time: 10:30am

### FRIDAY

**Outdoor Spin w/ Jenn Registration opens 5 day in advance**  
Class time: 6:30am

**Outdoor Power Hour w/ Jenn - Registration opens 7 days in advance**  
Class time: 8:00am

**Spin & Core w/ Angelique Registration opens 5 days in advance**  
Class time: 9:00 am

### FRIDAY- Continued

**\*new class: Pilates w/ Therese**  
Registration opens 7 days in advance  
Class time: 11:15 am

### SATURDAY

**Outdoor Bootcamp w/ Rich Registration opens 7 days in advance**  
*Diablo Court*  
Class time: 8:00am

**\*new class: Outdoor Spin w/ Amy**  
Registration opens 5 days in advance  
Class time: 8:00am

**Outdoor Bootcamp w/ Rich Registration opens 7 days in advance**  
*Diablo Court*  
Class time: 9:15 am

**\*new class: Body and Sole w/ Kathleen**  
Registration opens 7 days in advance  
Class time: 9:30 am

### SUNDAY

**Outdoor Spin w/ Tori Registration opens 5 days in advance**  
*Arrive 5 minutes before class, bring a small towel and water*  
Class time: 9:00am

**\*new class: Aqua Fitness w/ Sandra, Sally and Elaine Registration opens 5 days in advance**  
*Bring Aqua belt and towel. Belt rentals available.*  
Class time: 9:00am

**\*new class: Outdoor Zumba w/ Debora and Bobbe**  
Registration opens 7 days in advance  
Class time: 10:15 am