



## Group Exercise Schedule -updated 8/1/24

Please check online/app for any last minute changes or cancellations

### MONDAY

#### Master Swim w/ Evgenii

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

#### Outdoor Spin w/ Bill Tent

Class time: 6:00 am

#### Tai Chi w/ Robin Diablo Ct

Class time: 8:00 am

#### Align and Flow Yoga w/ Amie

Class time: 9:15 am

\*in bad weather -inside Peak Fit

#### Power hour - w/ Sara Diablo Ct

\*in bad weather -inside GX room

Class time: 9 am

#### Tone and Stretch w/ Sara

Class time: 12:00 (45 min class)

#### Bosu Pilates w/ Therese

Class time: 5:45 pm

#### Hatha Yoga w/ Robert

Class time: 7 pm

### TUESDAY

#### Beginner Tai Chi- w/ Robin *New Class*

Diablo Ct

Class time: 8:00 am

#### Spin w/ Birgitte Tent

Class time: 9 am

#### Aqua Fitness w/ BZ

Class time: 9 am

#### Zumba w/ Kathleen

Class time: 10:00 am

#### Strength and Balance w/Danielle

Class time: 11:15 am

#### Align and Flow Yoga w/ Deborah

Class time: 12:30 pm

#### Pilates w/ BZ

Class time: 5 pm

#### Yoga w/ Stephanie

Peak fit Studio

Class time: 6:15 pm

### TUESDAY-cont

#### Strength Training w/ Danielle

Class time: 7:30 pm

### WEDNESDAY

#### Master Swim w/ Shannon /Sydney

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

#### HIIT w/ Tori (45 min class)

Class time: 6:15 am

#### Spin w/ Tori Tent

Class time: 7:05 am

#### Tai Chi w/ Robin

Diablo Ct

Class time: 8:00 am

#### Cardio and Strength w/ Angelique

Class time: 9:00 am

#### Core and Flexibility w/ Sara

Class time: 10:15 am

#### Spin/Sculpt w/ Jhunehl- starts 8/14

Class time: 5 pm *New time!*

#### Hatha Flow Yoga w/ Amber *New time!*

Class time: 6:15 pm-7:30 pm

### THURSDAY

#### Morning H.I.I.T. w/ Sara Diablo ct

Class time: 6:15 am

#### Spin & Sculpt w/ Jana

Class time: 8 am

#### Aqua Fitness w/ Ellen

Class time: 9 am

#### Move-it Zumba w/ Jana

Class time: 9:15 am

#### Strength and Balance w/ Danielle

Studio

Class time: 10:30 am

#### Yoga w/ Anne Sophie

Class time: 5 pm

### FRIDAY

#### Master Swim w/ Evgenii

Class time: 6 am

Stroke Technique Class time: 7:05 (30 min)

#### Qijong- w/ Robin *New Class*

Diablo Ct

Class time: 8:00 am

#### Spin w/ BILL

Class time: 6:15 am-Returns-Aug 9

#### Power Hour w/ Jenn

Class time: 7:30 am

#### Dance 360 w/ Angelique

Class time: 9:00 am

#### Aqua Fitness w/ Sally

Class time: 9 am

#### Pilates Party w/ Therese

Peak Fit Studio and Zoom

Class time: 10 am

#### Intro to Pilates w/ Therese

Studio

Class time: 11:15 am

#### Gentle Yoga w/ Annemaria

Class time: 4 pm

### SATURDAY

#### Vinyasa Yoga w/ Stephanie

Class time: 8:00 am

#### Bootcamp w/ Tori *Peak fit*

Class time: 8 am

#### Body and Sole w/ Kathleen

Class time: 9:05 am

#### TBCw/ Sara *Total Body Conditioning*

Class time: 10:15 am

### SUNDAY

#### Yoga Align and Flow w/ Deborah

Class time: 8:00 am

Spin & Stretch w/ Angelique

Class time: 9:10 am

#### Aqua Fitness w/ Ellen, Sally, or Elaine

Class time: 9 am

#### Zumba w/ Bobbe/Michelle/Jhunehl

Class time: 10:10 am

#### Yoga Vinyasa w/ Anne Sophie

Class time: 11:15 am



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