



## Group Exercise Schedule -updated 2/1/25

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

### **MONDAY**

**Master Swim w/ Koung**

Class time: 6 am

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

**Outdoor Spin w/ Bill Tent**

Class time: 6:00 am

**Power hour - w/ Jenn GX room**

Class time: 7 am

**Tai Chi w/ Robin Diablo Ct**

Class time: 8:00 am

**Hatha Yoga w/ Amie**

Class time: 9:15 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**

**Spin w/ Elisa**

Class time: 6:30 am

**S'WET DEEP w/Bz**

Class time 7:30 am

45 min format

**Beginner Tai Chi- w/ Robin**

Diablo Ct

Class time: 8:00 am

**Spin & Sculpt w/ Angelique 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

### **TUESDAY-cont**

**Yoga w/ Stephanie**

Peak fit Studio

Class time: 6:15 pm

### **WEDNESDAY**

**Master Swim w/ Shannon**

Class time: 6 am

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

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

Class time: 6:15 am

**Functional Movement w/ Tori**

Class time: 7:10 am *New Class!! (45 min class)*

**Tai Chi w/ Robin**

Diablo Ct

Class time: 8:00 am

**Cardio and Strength w/ Angelique**

Class time: 9:00 am

**Barre Fusion w/ Sara**

Class time: 10:15 am

**Align and Flow Yoga w/ Kristin**

Class time: 11:30 am *New Class!!*

**Teen Spin w/ Glen**

Class time 4 pm *New Class!!*

45 min format/ starts 2/12

**Spin & Sculpt w/ Jhunehl**

Class time: 5:30 pm

**Gentle Power Yoga w/ Anisha**

Class time: 6:45 pm-7:45 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

**Matwork Flow Pilates w/ Therese Studio**

Class time: 5:05 pm *New Class!!*

### **FRIDAY**

**Master Swim w/ Koung**

Class time: 6 am

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

**Spin w/ Jenn GX room**

Class time: 6:15 am

**Power Hour w/ Jenn**

Class time: 7:30 am

**Zumba w/Michelle**

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/ Amber Studio**

Class time: 11:15 am

**Gentle Yoga w/ Kristin**

Class time: 4 pm

### **SATURDAY**

**Vinyasa Yoga w/ Stephanie**

Class time: 8:00 am

**Bootcamp w/ Tori Diablo court**

Class time: 8 am

**Body and Sole w/ Kathleen**

Class time: 9:05 am

**TBC w/ Sara Total Body Conditioning**

Class time: 10:15 am

### **SUNDAY**

**Yoga Align and Flow w/ Deborah**

Class time: 8:00 am

**Spin w/ Glen**

Class time: 9:10 am

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

Class time: 9 am

**Zumba w/Michelle, Carolyn**

Class time: 10:10 am

**Yoga Vinyasa w/ Bett**

75 minute class

Class time: 11:15 am