



## Group Exercise Schedule -updated 10/1/23

### 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 am

**Align and Flow Yoga w/ Amie Studio**

Class time: 9:15 am

**Power hour - w/ Jenn**

*Diablo Ct*

Class time: 9 am

**Tone and Stretch w/ Jenn Studio**

Class time: 12:00 (45 min class)

**Bosu Pilates w/ Therese Studio**

Class time: 5:45 pm

**Hatha Yoga w/ Robert Studio**

Class time: 7 pm

### TUESDAY

**Morning H.I.I.T w/ Virginia Diablo Ct**

Class time: 6 am (45-minute class)

**Spin Express w/ Virginia Studio**

Class time: 7 am (45-minute class)

**Outside Spin w/ Birgitte Tent**

Class time: 9 am

**Aqua Fitness w/ BZ**

Class time: 9 am

**Zumba w/ Kathleen Studio**

Class time: 10:05 am

**Strength and Balance**

*w/ Danielle Studio*

Class time: 11:15 am *New time*

**Align and Flow Yoga w/ Deborah**

*Studio New Class!*

Class time: 12:30 pm

**Pilates w/ BZ Studio**

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)

**Outdoor Spin w/ Tori Tent**

Class time: 6:30 am

**Tai Chi w/ Robin**

*Diablo Ct*

Class time: 8 am

**Cardio and Strength w/ Angelique Studio**

Class time: 9:00 am

**Core and Flexibility w/ Sara Studio**

Class time: 10:15 am

**Roll and Stretch /Jenn Studio**

Class time: 12:00 pm

**Spin/Sculpt w/ Jenn studio**

Class time: 5:30 pm

**Hatha Flow Yoga w/ Amber Studio**

Class time: 6:45 pm-8:00 pm

### THURSDAY

**Morning H.I.I.T. w/ Sara Diablo Ct**

Class time: 6:15 am

**Align and Flow Yoga w/ Amie Studio**

Class time: 6:45 am

**Spin & Sculpt w/ Jana Tent**

Class time: 8 am

**Aqua Fitness w/ Ellen**

Class time: 9 am

**Move-it Zumba w/ Jana Studio**

Class time: 9:15 am

**Strength and Balance w/ Danielle Studio**

Class time: 10:30 am

**Yoga w/ Anne Sophie Studio**

Class time: 5 pm

### FRIDAY

**Master Swim w/ Evgenii**

Class time: 6 am

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

**Spin w/ Jen Tent**

Class time: 6:15 am

**Power Hour w/ Jenn**

*Studio or Tent*

Class time: 7:30 am

**Spin & Core w/ Angelique studio**

Class time: 9 am

**Aqua Fitness w/ Sally**

Class time: 9 am

**Pilates Party w/ Therese**

*Peak Fit Studio and Zoom*

Class time: 10 am

**Dance Fitness w/ Angelique *New class!***  
*Studio*

Class time: 10:15 am

**Intro to Pilates w/ Therese *New class!***

*Studio (beginning Sept. 8)*

Class time: 11:15 am

**Gentle Yoga w/ Annemaria Studio**

Class time: 4 pm

### SATURDAY

**Vinyasa Yoga w/ Stephanie Studio**

Class time: 8:00 am

**Bootcamp w/ Tori *Diablo Ct or Peak fit***

Class time: 8 am

**Body and Sole w/ Kathleen Studio**

Class time: 9:05 am

**TBCw/ Sara *Total Body Conditioning* Studio**

Class time: 10:15 am

### SUNDAY

**Yoga Align and Flow w/ Deborah Studio**

Class time: 8:00 am *New Class!*

**Outdoor Spin & Stretch w/ Angelique**

Class time: **9:05 am** *New time*

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

Class time: 9 am

**Zumba w/ Bobbe Studio**

Class time: **10:10 am**

**Yoga Vinyassa w/ Anne Sophie Studio**

Class time: 11:15 am



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