



Group Exercise Schedule -updated 7/1/25

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

MONDAY

Master Swim w/ Nosazana

Class time: 6 am

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

Outdoor Spin w/ Jenn- Bill Tent

Class time: 6:00 am

Power hour - w/ Jenn

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

S'WET DEEP w/BZ

Class time 7:30 am *45 min format*

Beginner Tai Chi- w/ Robin

Studio

Class time: 8:00 am

Spin & Sculpt w/ Angelique

Class time: 9 am

Aqua Fitness w/ BZ

Class time: 9 am

Zumba w/ Kathleen

Class time: 10:10 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

Spin Xpress w/ Elisa

Class time: 7:15 pm *45 min format*

WEDNESDAY

Master Swim w/ Sean

Class time: 6 am

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

Outdoor Spin w/ Bill *New class!*

Class time: 6:00 am

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

Gentle Flow w/ Kristin

Class time: 11:30 am

Spin & Sculpt w/ Glen

Class time: 5:30 pm

Hatha Yoga w/ Amber

Class time: 6:45 pm-8 pm

THURSDAY

Morning H.I.I.T. w/ Sara

Class time: 6:15 am

Spin & Sculpt w/ Jana

Class time: 8:15 am

Aqua Fitness w/ Ellen

Class time: 9 am

Move-it Zumba w/ Jana

Class time: 9:15 am

Strength and Balance w/ Danielle

Class time: 10:30 am

Gentle Movement w/ Ilene

Class time: 1 pm *45 min format*

Matwork Flow Pilates w/ Therese

Class time: 5:05 pm

FRIDAY

Master Swim w/ Nosazana

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

**Qigong w/ Robin
Diablo Ct**

Class time: 8:00 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

Power Yoga w/ Anisha

Class time: 11 am

Gentle Yoga w/ Kristin

Class time: 4 pm

SATURDAY

Vinyasa Yoga w/ Stephanie

Class time: 8:00 am

Body and Sole w/ Kathleen

Class time: 9:05 am

TBC w/ Sara *Total Body Conditioning*

Class time: 10:15 am

Hatha Yoga w/ Bett

Class time: 11:30 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/Bobbe,Michelle, Carolyn

Class time: **10:10 am**

Vinyasa Yoga w/ Anne-Sophie

75 minute class

Class time: 11:15 am