



## Group Exercise Schedule -updated 7/1/25

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

### MONDAY

**Master Swim w/ Nkosazana**

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/ Nkosazana**

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