



Group Exercise Schedule -updated 5/1/24

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 noon (45 min class)

Bosu Pilates w/ Therese

Class time: 5:45 pm

Hatha Yoga w/ Robert

Class time: 7 pm

TUESDAY

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

BodySculpt w/ Danielle *new class!*

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 *New class*

Spin w/ Tori Tent *New Time*

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

Class time: 5:30 pm

Hatha Flow Yoga w/ Amber

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

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)

Spin w/ BILL

Class time: 6:15 am

Power Hour w/ Angelique

Class time: 7:30 am

Dance 360 w/ Angelique *New Class*

Class time: 9:00 am

Spin & Core w/ Angelique *New Time*

Class time: 10:05 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