



Group Exercise Schedule: *Thanksgiving Week Schedule*

Space is limited, so registration is recommended for All Classes, however indoor classes **require** a registration. Call front desk, or book online. Classes subject to cancelation due to bad weather.

MONDAY

Master Swim w/ Evgenii

Class time: 6 am

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

Outdoor Spin w/ Tori Tent

Class time: 6:00 am

Tai Chi w/ Robin Diablo Ct

Class time: 8 am

Align and Flow Yoga w/ Amie

Peak fit Studio

Class time: 9:15 am

***Limited space - register required**

Power hour - w/ Jenn

Diablo Ct

Class time: 9 am

Tone and Stretch w/ Jenn

Tent or peak fit

***Limited space - register required**

Class time: 11:00 (45 min class)

Pilates w/ Therese

Peak Fit studio

Class time: 5:45 pm

***Limited space - register required**

Hatha Yoga w/ Robert

Peak Fit studio

Class time: 7 pm

***Limited space - register required**

TUESDAY

Outside Spin w/ Birgitte

Tent

Class time: 9 am

Aqua Fitness w/ BZ

Class time: 9 am

Yoga w/ Deborah

Peak Fit studio

Class time: 12:30 p.m

***Limited space - register required**

Pilates w/ BZ

Peak Fit studio

Class time: 5 pm

***Limited space - register required**

Yoga w/ Stephanie

Peak fit Studio

Class time: 6:00 pm

***Limited space - register required**

WEDNESDAY

Outdoor Spin w/ Bill Tent

Class time: 6:30 am

Tai Chi w/ Robin

Diablo Ct

Class time: 8 am

TBC w/ Sara tent area

Class time: 10:15 am

THURSDAY-Happy Thanksgiving

Closed

FRIDAY

Power Hour w/ Sara

Tent

Class time: 8:15 am

Spin & Core Jhunehl

Tent

Class time: 9:30 am

Aqua Fitness w/ Sally

Class time: 9 am

Gentle Yoga w/ Amie

Peak Fit

Class time: 4 pm

***Limited space - register required**

CLASS SCHEDULE RETURNS TO NORMAL

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/ Amie

Studio

Class time: 8:00 am

Outdoor Spin & Stretch w/ Angelique

Class time: **9:05 am**

Aqua Fitness w/ Sally

Class time: 9 am

Zumba w/ Bobbe

Studio

Class time: **10:10 am**

Yoga Vinyassa w/ Anne Sophie

Studio

Class time: 11:15 am