

Monday			Friday			
Beyond Gym Hike	Ann	8:00 AM	Wet & Wild Water Splash	Maria	9:00 AM	
Water Wonderland	Maria	9:00 AM	Bootcamp Explosion	Cassidy	8:30 AM	
Total Body Conditioning	Andrea	8:30 AM	Power Flow Yoga	Mar	9:30 AM	
Full Flow Yoga	Megan	9:45 AM	Mat Pilates	Georgia	10:30 AM	
Zumba	Maria	10:45 AM	Qi Gong	Lyn	11:30 AM	
Stretch & More	Maria	12:00 PM	Saturday			
Mat Pilates	Georgia	4:00 PM	All About Dance	Kim	8:30 AM	
Circuit Conditioning	Jensy	5:00 PM	Water Circuit Training	Jensy	9:00 AM	
Dance Electric	Anna	6:00 PM	Muscle Corset	Anna	9:30 AM	
Strong Flow Yoga	Kim	7:00 PM	Slow Flow Yoga	Jensy	10:45 AM	
8:30am Spin	Hayley	8:30 AM	9:00am Spin	Beth	9:00 AM	
6:00pm Spin	Deb	6:00 PM	Sunday			
Tuesday			Cardio Dance	Taylor	8:30 AM	
Hatha Yoga	Megan	8:30 AM	Yogic Waves	Etienne	9:30 AM	
Walk	Mari	9:00 AM	Beyond the Barre	Amanda	10:45 AM	
Barre Above	Sarah	9:45 AM	8:30am Spin	Mark	8:30 AM	
Aquarobics	Mari	10:00 AM	Small Group Personal Training - Appointment Required			
Breath Centered Yoga	Rowan	10:45 AM	8:30am Monday	REBUILD	Corkey	805-218-4629
Flexibility Training	Susan	12:00 PM	9:45am Monday	ROCK IT	Danielle	818-219-4835
Pumped Up Strength	Sarah	6:00 PM	5:00pm Monday	ROCK IT	Trudie	805-797-8388
Yoga Flow	Ellen	7:00 PM	6:00am Tuesday	ROCK IT	Corkey	805-218-4629
5:45am Spin	Mallory	5:45 AM	8:30am Tuesday	ROCK IT	Danielle	818-219-4835
8:30am Spin	Angela	8:30 AM	8:30am Wednesday	REBUILD	Corkey	805-218-4629
Wednesday			9:45am Wednesday	ROCK IT	Danielle	818-219-4835
Aqua Zumba	Maria	9:00 AM	5:00pm Wednesday	ROCK IT	Trudie	805-797-8388
Core Strength	Erin	8:30 AM	6:00am Thursday	ROCK IT	Corkey	805-218-4629
WERQ Dance Fitness	Sarah	9:30 AM	8:30am Friday	ROCK IT	Danielle	818-219-4835
Vigorous Vinyasa Yoga	Robyn	10:45 AM	9:00am Saturday	ROCK IT	Trudie	805-797-8388
Flexibility Training	Susan	12:00 PM				
Pilates Matwork	Natalie	4:00 PM				
Strength Fusion	Kirby	5:00 PM				
Restorative Yoga	Lindsay	6:00 PM				
8:30am Spin	Jess	8:30 AM				
Thursday						
Ease into Exercise	Lynn	7:45 AM				
Mindful Flow Yoga	Mar	8:30 AM				
Walk	Mari	9:00 AM				
Total Body Conditioning	Andrea	9:45 AM				
Aquarobics	Mari	10:00 AM				
Restorative Yin Yoga	Robyn	11:00 AM				
Flexibility Training	Susan	12:00 PM				
Circuit Training	Trudie	5:00 PM				
Fit Bodies	Jesse	7:00 PM				
5:45am Spin	Wadi	5:45 AM				
8:30am Spin	Debbie	8:30 AM				