

| 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 Conditioning      | Bill    | 8:30 AM  | Power Flow Yoga   | Mar        | 9:30 AM               |
| Full Flow Yoga          | Doona   | 9:45 AM  | Mat Pilates   | Georgia    | 10:30 AM              |
| Zumba                   | Maria   | 10:45 AM | Qi Gong   | Lyn        | 11:30 AM              |
| Stretch & More          | Mari    | 12:00 PM | Mindful Meditation  | Nancy      | 4:00 PM               |
| Mat Pilates             | Georgia | 4:00 PM  |   |            |                       |
| Circuit Conditioning    | Jensy   | 5:00 PM  | Saturday  |            |                       |
| Dance Electric          | Anna    | 6:00 PM  | All About Dance   | Kim        | 8:30 AM               |
| Strong Flow Yoga        | Kim     | 7:00 PM  | Muscle Corset   | Anna       | 9:30 AM               |
| 8:30am Spin             | Hayley  | 8:30 AM  | Slow Flow Yoga  | Doona      | 10:45 AM              |
| 6:00pm Spin             | Deb     | 6:00 PM  | 9:00am Spin   | Beth       | 9:00 AM               |
|                         |         |          |   |            |                       |
| Tuesday                 |         |          | Sunday  |            |                       |
| Hatha Yoga              | Isha    | 8:30 AM  | Yogic Waves   | Etienne    | 9:30 AM               |
| Aquarobics 1            | 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 2            | Mari    | 10:00 AM |   |            |                       |
| Breath Centered Yoga    | Rowan   | 10:45 AM |   |            |                       |
| Flexibility Training    | Susan   | 12:00 PM | <b>Small Group Personal Training - Appointment Required</b> |            |                       |
| Pumped Up Strength      | Sarah   | 6:00 PM  | 8:30am Monday   | REBUILD    | Corkey 805-218-4629   |
| Yoga Flow               | Ellen   | 7:00 PM  | 9:45am Monday   | ROCK IT    | Danielle 818-219-4835 |
| 5:45am Spin             | Mallory | 5:45 AM  | 5:00pm Monday   | ROCK IT    | Trudie 805-797-8388   |
| 8:30am Spin             | Angela  | 8:30 AM  | 6:00am Tuesday  | ROCK IT    | Corkey 805-218-4629   |
|                         |         |          | 8:30am Tuesday  | ROCK IT    | Danielle 818-219-4835 |
|                         |         |          | 8:30am Wednesday  | REBUILD    | Corkey 805-218-4629   |
|                         |         |          | 9:45am Wednesday  | ROCK IT    | Danielle 818-219-4835 |
|                         |         |          | 5:00pm Wednesday  | ROCK IT    | Trudie 805-797-8388   |
|                         |         |          | 6:00am Thursday   | ROCK IT    | Corkey 805-218-4629   |
|                         |         |          | 5:30pm Thursday   | KICKBOXING | Bill 805-258-3381     |
|                         |         |          | 8:30am Friday   | ROCK IT    | Danielle 818-219-4835 |
|                         |         |          | 8:00am Saturday   | ROCK IT    | Kathleen 805-506-9654 |
| Wednesday               |         |          |   |            |                       |
| Aqua Zumba              | Maria   | 9:00 AM  |   |            |                       |
| Core Strength           | Erin    | 8:30 AM  |   |            |                       |
| WERQ Dance Fitness      | Sarah   | 9:30 AM  |   |            |                       |
| Vigorous Vinyasa Yoga   | Ellen   | 10:45 AM |   |            |                       |
| 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  |   |            |                       |
| Aquarobics 1            | Mari    | 9:00 AM  |   |            |                       |
| Total Body Conditioning | Mar     | 9:45 AM  |   |            |                       |
| Aquarobics 2            | Mari    | 10:00 AM |   |            |                       |
| Restorative Yin Yoga    | Robyn   | 11:00 AM |   |            |                       |
| Flexibility Training    | Susan   | 12:00 PM |   |            |                       |
| Circuit Training        | Trudie  | 5:00 PM  |   |            |                       |
| Peaceful Vinyasa Yoga   | Paige   | 6:00 PM  |   |            |                       |
| 5:45am Spin             | Debbie  | 5:45 AM  |   |            |                       |