Manday			Coturden			
Monday	Ann	9.00 414	Saturday	Poth	7,20 444	
Beyond Gym Hike ◊◊	Ann Bill	8:00 AM 8:30 AM	Spin ◊◊◊ Bring Water+Towel  All About Dance ◊◊	Kim	7:30 AM 8:30 AM	
Total Conditioning ∜∜ Agua Zumba ∜	Maria	9:00 AM	Water Fitness◊	Lisa	9:00 AM	
Full Flow Yoga ◊◊	Doona	9:45 AM	Muscle Corset ◊◊	Anna	9:30 AM	
Zumba (Cafe Deck) ∜◊	Maria	10:45 AM	Slow Flow Yoga ◊◊	Doona	10:45 AM	
Spin ◊◊◊ Bring Water+Towel	Hayley	11:00 AM	Slow Flow Toga VV	Doona	10.45 AW	
Stretch & More ◊	Mari	12:00 PM	Sunday			
Mat Pilates ◊◊	Danyell	4:00 PM	POUND ⊗No Class June & July	Mallory	8:30 AM	
Circuit Conditioning ◊◊	Jensy	5:00 PM	Yogic Waves ↔	Etienne	9:30 AM	
Dance Electric ◊◊	Anna	6:00 PM	Beyond the Barre ↔	Amanda	10:45 AM	
Strong Flow Yoga ∜	Kim	7:00 PM	Spin ◊◊◊ Bring Water+Towel		12:00 PM	
Tuesday					ning - Appointment R	
	Mallory 	5:45 AM	8:30am Monday	REBUILD	Corkey	805-218-4629
Hatha Yoga ◊◊	Isha	8:30 AM	9:45am Monday	ROCK IT	Danielle	818-219-4835
Aquarobics 1 ◊	Mari	9:00 AM	5:00pm Monday	ROCK IT	Sarah H	805-640-5276
Barre Above ◊◊	Sarah	9:45 AM	6:00am Tuesday	ROCK IT	Corkey	805-218-4629
Aquarobics 2 ◊	Mari	10:00 AM	8:30am Tuesday	ROCK IT	Danielle	818-219-4835
Breath Centered Yoga ◊◊	Rowan	10:45 AM	8:30am Wednesday	REBUILD	Corkey	805-218-4629
Flexibility Training ◊	Susan	12:00 PM	9:45am Wednesday	ROCK IT	Danielle	818-219-4835
Mindul Meditation ◊	Nancy	5:00 PM	5:00pm Wednesday	ROCK IT	Sarah H	805-640-5276
Pumped Up Strength ♦♦♦	Sarah	6:00 PM	6:00am Thursday	ROCK IT	Corkey	805-218-4629
Yoga Flow ◊◊	Jensy	7:00 PM	8:30am Friday	ROCK IT	Danielle	818-219-4835
Wednesday			Complimentary first session for members. Schedule session by contacting the			
Core Strength ◊◊	Erin	8:30 AM	personal trainer listed above for the relevant session. Sessions are held in the			
Aqua Fitness ◊	Angela	9:00 AM	downstairs fitness center. Rock It is open to all levels. Rebuild is specific to those			
WERQ Dance Fitness ↔	Sarah	9:30 AM	recovering from an injury an	d seniors.		
Vigorous Vinyasa Yoga ◊◊	Courtney	10:45 AM				
Flexibility Training ◊	Susan	12:00 PM				
Pilates Matwork ◊◊	Natalie	4:00 PM				
Strength Fusion ◊◊	Kirby	5:00 PM				
	Kirby Lindsay	5:00 PM 6:00 PM				
Strength Fusion ∜ Restorative Yoga ∜ Spin ∜∜ Bring Water+Towel						
Restorative Yoga ∜∜ Spin ∜∜∜ Bring Water+Towel	Lindsay	6:00 PM				
Restorative Yoga  Spin  Spin SOO Bring Water+Towel Thursday	Lindsay	6:00 PM		s should feel c	omfortable	
Restorative Yoga  Spin  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel	Lindsay Deb	6:00 PM 7:15 PM	<ul> <li>◇ Deconditioned member</li> <li>◇ Deconditioned member</li> </ul>			
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel  Ease into Exercise	Lindsay Deb	6:00 PM 7:15 PM 5:45 AM		s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel Ease into Exercise  Mindful Flow Yoga SS	Lindsay Deb  Debbie Lynn	6:00 PM 7:15 PM 5:45 AM 7:45 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  A	Lindsay  Deb  Debbie  Lynn  Mar	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel Ease into Exercise  Windful Flow Yoga  Aquarobics 1  Total Body  SSS Bring Water+Towel	Lindsay Deb  Debbie Lynn Mar Mari	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel Ease into Exercise  Windful Flow Yoga  Aquarobics 1  Total Body  Aquarobics 2  Aquarobics 2	Lindsay  Deb  Debbie  Lynn  Mar  Mari  Mar	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday Spin SSS Bring Water+Towel Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  Total Body SSS Aquarobics 2  Restorative Yin Yoga  SSSS Bring Water+Towel  Ease into Exercise  Aquarobics 2  Restorative Yin Yoga  Restorative Yin Yoga	Lindsay  Deb  Debbie  Lynn  Mar  Mari  Mar  Mari	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  Total Body  Aquarobics 2  Restorative Yin Yoga  Flexibility Training	Lindsay Deb  Debbie Lynn Mar Mari Mari Mari Erin	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel  Thursday	Lindsay Deb  Debbie Lynn Mar Mari Mari Mari Erin Susan	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  Total Body  Aquarobics 2  Restorative Yin Yoga  Flexibility Training  Circuit Training  HIIT It	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  Total Body  Aquarobics 2  Restorative Yin Yoga  Flexibility Training  Circuit Training  HIIT It  HIIT IT  SSS Bring Water+Towel  Restorative Yin Yoga  HIIT It  HIIT  HIIT IT  HIIT IT  HIIT  HIIT	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie Jesse	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga   Spin   Spin   Spin   Spin Spin Spin Spin Spin Spin Spin Spin	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie Jesse  Cassidy	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga SSS  Aquarobics 1  Total Body SSS  Aquarobics 2  Restorative Yin Yoga SSS  Flexibility Training  Circuit Training  HIIT It SSS  Bootcamp Explosion SSSS  Wet & Wild Water Splash	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie Jesse  Cassidy Maria	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga SSS  Aquarobics 1  Total Body SSS  Aquarobics 2  Restorative Yin Yoga SSS  Flexibility Training  Circuit Training  HIIT It  HIT It  HIT It  HIT It  HIT IT  HIT HIT  HIT	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie Jesse  Cassidy Maria Mar	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga  Spin SSS Bring Water+Towel  Thursday  Spin SSS Bring Water+Towel  Ease into Exercise  Mindful Flow Yoga  Aquarobics 1  Total Body  Aquarobics 2  Restorative Yin Yoga  Flexibility Training  Circuit Training  HIIT It  HIIT IT  SSS Bring Water+Towel  Restorative Yin Yoga  HIIT It  HIIT  HIIT IT  HIIT IT  HIIT  HIIT	Lindsay Deb  Debbie Lynn Mar Mari Mari Erin Susan Trudie Jesse  Cassidy Maria	6:00 PM 7:15 PM 5:45 AM 7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	