Monday			Saturday	İ		
Monday Beyond Gym Hike ◊◊	Ann	8:00 AM	Spin ◊◊◊ Bring Water+Towel	Reth	7:30 AM	
Total Conditioning ◊◊◊	Bill	8:30 AM	All About Dance ◊◊ Water Fitness◊	Kim	8:30 AM	
Aqua Zumba ◊	Maria Doona	9:00 AM	water Fitness≎ Muscle Corset ◊◊	Lisa Anna	9:00 AM	
Full Flow Yoga ∜∜		9:45 AM			9:30 AM	
Zumba (Cafe Deck) ◊◊	Maria Hayloy	10:45 AM	Slow Flow Yoga ◊◊	Doona	10:45 AM	
Spin ◊◊◊ Bring Water+Towel Stretch & More ◊	Hayley Mari	11:00 AM 12:00 PM	Sunday			
			-	Mallami	0.20 AM	
Mat Pilates ♦♦	Danyell	4:00 PM	POUND ∜ No class Apr & May	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	Mark	12:00 PM	
Tuesday			Small Group	Personal Train	ing - Appointment R	equired
Spin ◊◊◊ Bring Water+Towel	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 ◊◊	Ellen	7:00 PM	8:30am Friday	ROCK IT	Danielle	818-219-4835
-			8:00am Saturday	ROCK IT	Kathleen	805-506-9654
N ednesday			Complimentary first session t	for members. Sc		ntacting the
Spin ◊◊◊ Bring Water+Towel	Angela	7:00 AM	personal trainer listed above		•	
Core Strength ◊◊	Erin	8:30 AM	downstairs fitness center. Ro			
Agua Fitness ◊	Angela	9:00 AM	recovering from an injury and			
WERQ Dance Fitness ◊◊	Sarah	9:30 AM				
/igorous Vinyasa Yoga ◊◊	Ellen	10:45 AM				
Flexibility Training ◊	Susan	12:00 PM				
Pilates Matwork ◊◊	Natalie	4:00 PM				
	Kirby	5:00 PM				
Strenath Fusion 👭		0.00				
	•	6:00 PM				
Strength Fusion ◊◊ Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel	Lindsay Deb	6:00 PM 7:15 PM				
Restorative Yoga ◊◊	Lindsay					
Restorative Yoga �� Spin ��� Bring Water+Towel Thursday	Lindsay Deb	7:15 PM	A Beautiful and the	a abauld for t	nmfo uto l-1-	
Restorative Yoga 🛇 Spin ♦♦♦ Bring Water+Towel Thursday Spin ♦♦♦ Bring Water+Towel	Lindsay Deb Debbie	7:15 PM 5:45 AM	♦ Deconditioned member			
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊	Lindsay Deb Debbie Lynn	7:15 PM 5:45 AM 7:45 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Windful Flow Yoga ◊◊	Lindsay Deb Debbie Lynn Mar	7:15 PM 5:45 AM 7:45 AM 8:30 AM		s may be some	what challenged	
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel Fhursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Mindful Flow Yoga ◊◊ Aquarobics 1 45 Min ◊	Lindsay Deb Debbie Lynn Mar Mari	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	Lindsay Deb Debbie Lynn Mar Mari Mar	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	Lindsay Deb Debbie Lynn Mar Mari Mar Mari	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 SSS Mindful Flow Yoga SSS Aquarobics 1 45 Min STOTAL Body SSS Aquarobics 2 SSS Restorative Yin Yoga SSS	Lindsay Deb Debbie Lynn Mar Mari Mari Mari Erin	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 ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Mindful Flow Yoga ◊◊ Aquarobics 1 45 Min ◊ Total Body ◊◊◊ Aquarobics 2 ◊ Restorative Yin Yoga ◊◊ Flexibility Training ◊	Lindsay Deb Debbie Lynn Mar Mari Mari Mari Erin Susan	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	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Mindful Flow Yoga ◊◊ Aquarobics 1 45 Min ◊ Total Body ◊◊◊ Aquarobics 2 ◊ Restorative Yin Yoga ◊◊ Flexibility Training ◊ Circuit Training ◊◊	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie	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 ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Mindful Flow Yoga ◊◊ Aquarobics 1 45 Min ◊ Total Body ◊◊◊ Aquarobics 2 ◊ Restorative Yin Yoga ◊◊ Flexibility Training ◊ Circuit Training ◊◊	Lindsay Deb Debbie Lynn Mar Mari Mari Mari Erin Susan	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	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga Spin Solo Bring Water+Towel Thursday Spin Solo Bring Water+Towel Ease into Exercise Mindful Flow Yoga Aquarobics 1 45 Min Total Body Solo Aquarobics 2 Restorative Yin Yoga Flexibility Training Circuit Training Peaceful Vinyasa Yoga Aquaroba Aq	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie	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 Fing Water+Towel Thursday Spin Fing Water+Towel Ease into Exercise Mindful Flow Yoga Aquarobics 1 45 Min Total Body Aquarobics 2 Restorative Yin Yoga Flexibility Training Circuit Training Peaceful Vinyasa Yoga Friday	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie	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 Fing Water+Towel Thursday Spin Fing Water+Towel Fing Water-Towel Fing Wat	Lindsay Deb Debbie Lynn Mar Mari Mari Suri Erin Susan Trudie Paige	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 6:00 PM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga ◊◊ Spin ◊◊◊ Bring Water+Towel Thursday Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊ Mindful Flow Yoga ◊◊ Aquarobics 1 45 Min ◊ Total Body ◊◊◊ Aquarobics 2 ◊ Restorative Yin Yoga ◊◊ Flexibility Training ◊ Circuit Training ◊◊ Peaceful Vinyasa Yoga ◊◊ Friday Bootcamp Explosion ◊◊◊ Wet & Wild Water Splash ◊	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie Paige Cassidy	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 45 Min Total Body SSS Aquarobics 2 Restorative Yin Yoga SSS Flexibility Training Circuit Training SSS Peaceful Vinyasa Yoga SSS Friday Bootcamp Explosion SSSS Wet & Wild Water Splash SSSS	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie Paige Cassidy Maria Mar	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 8:30 AM 9:00 AM	◊◊ Deconditioned member	s may be some	what challenged	
Restorative Yoga ∜∜ Spin ∜∜ Bring Water+Towel Thursday	Lindsay Deb Debbie Lynn Mar Mari Mari Erin Susan Trudie Paige Cassidy Maria	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 8:30 AM 9:00 AM	◊◊ Deconditioned member	s may be some	what challenged	