

Monday			Saturday		
Beyond Gym Hike ◇◇	Ann	8:00 AM	Spin ◇◇◇ Bring Water+Towel	Beth	7:30 AM
Total Conditioning ◇◇◇	Bill	8:30 AM	All About Dance ◇◇	Kim	8:30 AM
Aqua 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 (Downstairs Gym) ◇◇	Maria	11:00 AM	Slow Flow Yoga ◇◇	Doona	10:45 AM
Spin ◇◇◇ Bring Water+Towel	Hayley	11:00 AM			
Stretch & More ◇	Mari	12:00 PM	Sunday		
Mat Pilates ◇◇	Danyell	4:00 PM	POUND ◇◇Cancelled Temporarily	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 Training - Appointment Required		
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 ◇◇	Jensy	7:00 PM	8:30am Friday	ROCK IT	Danielle 818-219-4835
Wednesday			Complimentary first session for members. Schedule session by contacting the personal trainer listed above for the relevant session. Sessions are held in the downstairs fitness center. Rock It is open to all levels. Rebuild is specific to those recovering from an injury and seniors.		
Spin ◇◇◇ Bring Water+Towel Begins Jul 9	Ashley	7:00 AM			
Core Strength ◇◇	Erin	8:30 AM			
Aqua Fitness ◇	Maria	9:00 AM			
WERQ Dance Fitness ◇◇	Sarah	9:30 AM			
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			
Restorative Yoga ◇◇	Lindsay	6:00 PM			
Spin ◇◇◇ Bring Water+Towel	Deb	7:15 PM			
Thursday			◇ Deconditioned members should feel comfortable		
Spin ◇◇◇ Bring Water+Towel	Debbie	5:45 AM	◇◇ Deconditioned members may be somewhat challenged		
Ease into Exercise ◇	Lynn	7:45 AM	◇◇◇ Deconditioned members may be very challenged		
Mindful Flow Yoga ◇◇	Mar	8:30 AM			
Aquarobics 1 ◇	Mari	9:00 AM			
Total Body ◇◇◇	Mar	9:45 AM			
Aquarobics 2 ◇	Mari	10:00 AM			
Restorative Yin Yoga ◇◇	Erin	11:00 AM			
Flexibility Training ◇	Susan	12:00 PM			
Circuit Training ◇◇	Trudie	5:00 PM			
HIIT It ◇◇	Jesse	6:00 PM			
Breath & Yin Yoga ◇◇ Begins Jun 26	Laura	7:00 PM			
Friday					
Bootcamp Explosion ◇◇◇	Cassidy	8:30 AM			
Wet & Wild Water Splash ◇	Maria	9:00 AM			
Hatha Blend Yoga ◇◇	Mar	9:30 AM			
Mat Pilates ◇◇	Georgia	10:30 AM			
Qi Gong ◇	Lyn	11:30 AM			
Spin ◇◇◇ Bring Water+Towel	Deb	6:00 PM			