			_			
Monday			Saturday			
Beyond Gym Hike ∜∜	Ann	8:00 AM	'	Beth	7:30 AM	
「otal 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 <b>⊗Cancelled Temporarily</b>	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	
			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
Aguarobics 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 ◊◊		7:00 PM	8:30am Friday	ROCK IT	Danielle	818-219-4835
toga riow ∨∨	Jensy	7.00 PW	o.suam riiday	ROCKII	Danielle	010-219-4035
Vednesday			Complimentary first session f			
Spin ◊◊◊ Bring Water+Towel <b>Begins Jul</b>	9 Ashley	7:00 AM	personal trainer listed above	for the relevant	session. Sessions are	held in the
Core Strength ◊◊	Erin	8:30 AM	downstairs fitness center. Ro	ck It is open to a	all levels. Rebuild is sp	ecific to those
Aqua Fitness ◊	Maria	9:00 AM	recovering from an injury and	d seniors.		
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						
<u> </u>	Debbie	5:45 AM	♦ Deconditioned member	s should feel c	omfortable	
Spin ◊◊◊ Bring Water+Towel	Debbie Lynn	5:45 AM 7:45 AM	<ul> <li>◇ Deconditioned member</li> <li>◇ Deconditioned member</li> </ul>			
Spin ◊◊◊ Bring Water+Towel Ease into Exercise ◊	_			s may be some	what challenged	
Spin	Lynn	7:45 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊	Lynn Mar Mari	7:45 AM 8:30 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Fotal Body ◊◊◊	Lynn Mar	7:45 AM 8:30 AM 9:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊	Lynn Mar Mari Mar Mar	7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊	Lynn Mar Mari Mar Mari Erin	7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊  Flexibility Training ◊	Lynn Mar Mari Mar Mari Erin Susan	7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊  Circuit Training ◊◊	Lynn Mar Mari Mari Mari Erin Susan Trudie	7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Thursday  Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊  Flexibility Training ◊  Circuit Training ◊◊  HIIT It ◊◊  Breath 8 Vin Yoga ◊◊ Bogins Jun 26	Lynn Mar Mari Mari Erin Susan Trudie Jesse	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	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ⋄⋄⋄ Bring Water+Towel  Ease into Exercise ⋄ Mindful Flow Yoga ⋄⋄ Aquarobics 1 ⋄ Total Body ⋄⋄⋄ Aquarobics 2 ⋄ Restorative Yin Yoga ⋄⋄ Flexibility Training ⋄ Circuit Training ⋄⋄ HIIT It ⋄⋄	Lynn Mar Mari Mari Mari Erin Susan Trudie	7:45 AM 8:30 AM 9:00 AM 9:45 AM 10:00 AM 11:00 AM 12:00 PM 5:00 PM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊  Flexibility Training ◊  Circuit Training ◊◊  HIIT It ◊◊  Breath & Yin Yoga ◊◊ Begins Jun 26	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura	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 7:00 PM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin on Bring Water+Towel  Ease into Exercise on Mindful Flow Yoga on Aquarobics 1 on Total Body on Aquarobics 2 on Restorative Yin Yoga on Flexibility Training on Circuit Training on HIIT It on Breath & Yin Yoga on Begins Jun 26  Friday  Bootcamp Explosion on Advance Into Exercise Into Into Into Into Into Into Into Into	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura  Cassidy	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 7:00 PM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin SOO Bring Water+Towel Ease into Exercise Soom Mindful Flow Yoga SOOM Aquarobics 1 SOOM Total Body SOOM Aquarobics 2 SOOM Restorative Yin Yoga SOOM Flexibility Training SOOM Total Training SOOM Begins Jun 26  Friday Bootcamp Explosion SOOM SOOM Bootcamp Explosion SOOM SOOM SOOM SOOM SOOM SOOM SOOM SOO	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura  Cassidy Maria	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 7:00 PM 8:30 AM 9:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin SSO Bring Water+Towel  Ease into Exercise S  Mindful Flow Yoga SS  Aquarobics 1 S  Total Body SSS  Aquarobics 2 S  Restorative Yin Yoga SSS  Flexibility Training SSS  Circuit Training SSS  HIIT It SSS  Breath & Yin Yoga SSS Begins Jun 26  Friday  Bootcamp Explosion SSS  Met & Wild Water Splash SSS  Hatha Blend Yoga SSS	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura  Cassidy Maria Mar	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 7:00 PM 8:30 AM 9:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ◊◊◊ Bring Water+Towel  Ease into Exercise ◊  Mindful Flow Yoga ◊◊  Aquarobics 1 ◊  Total Body ◊◊◊  Aquarobics 2 ◊  Restorative Yin Yoga ◊◊  Flexibility Training ◊  Circuit Training ◊◊  HIIT It ◊◊  Breath & Yin Yoga ◊◊ Begins Jun 26  Friday  Bootcamp Explosion ◊◊◊  Wet & Wild Water Splash ◊  Hatha Blend Yoga ◊◊	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura  Cassidy Maria	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 7:00 PM 8:30 AM 9:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	
Spin ⋄⋄⋄ Bring Water+Towel  Ease into Exercise ⋄ Mindful Flow Yoga ⋄⋄ Aquarobics 1 ⋄ Total Body ⋄⋄⋄ Aquarobics 2 ⋄ Restorative Yin Yoga ⋄⋄ Flexibility Training ⋄ Circuit Training ⋄⋄	Lynn Mar Mari Mari Erin Susan Trudie Jesse Laura  Cassidy Maria Mar	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 7:00 PM 8:30 AM 9:00 AM	<b>◊◊ Deconditioned members</b>	s may be some	what challenged	