

# SUMMER FITNESS SCHEDULE

June 1—August 31, 2020

<b>MONDAY</b>	8:00am Beyond the Gym Hike—Robert ◊ ◊	8:00am Aqua Fit—Mimi ◊	8:30am Body Conditioning—Andrea ◊ ◊ ◊	9:45am Vinyasa Yoga—Becki ◊ ◊	12:15pm Flexibility Training—Susan ◊	4:00pm Mat Pilates—Georgia ◊ ◊
	5:00pm Circuit Training—Trudie ◊ ◊	6:05pm Dance Electric—Anna ◊ ◊	7:15pm Core Power—Trudie ◊ ◊			
<b>TUESDAY</b>		8:35am Moving Into Grace Yoga—Robert ◊ ◊	9:00am Aqua-robics—Mari ◊ ◊	9:45am Jazz-Sesh Dance—Georgia ◊ ◊	10:00am Aqua-robics—Mari ◊	10:45am Vinyasa Yoga—Rowan ◊ ◊ ◊
	12:00pm Flexibility Training—Susan ◊	3:45pm Junior Yoga—Becki ◊	5:00pm Cardio Strength—Maria ◊ ◊ ◊	6:05pm Trinity Yoga Flow—Etienne ◊ ◊		
<b>WEDNESDAY</b>	8:00am Water Wonderland—Maria ◊	8:30am Pilates Fusion—Kirby ◊ ◊	9:30am WERQ Dance Fitness—Sarah ◊ ◊	10:45am Vigorous Vinyasa—Oliver ◊ ◊	12:00pm Flexibility Training—Susan ◊	4:00pm Mat Pilates—Natalie ◊ ◊
	5:00pm Core & More—Peggy ◊ ◊	6:05pm Qi Gong—Lyn ◊	7:00pm Cardio Kickboing—Shawn ◊ ◊			
<b>THURSDAY</b>	7:45am Ease into Exercsie—Kirby ◊	8:35am Moving Into Grace Yoga—Robert ◊ ◊	9:00am Aqua-robics—Mari ◊ ◊	9:45am Body Conditioning—Andrea ◊ ◊ ◊	10:00am Aqua-robics—Mari ◊	11am Yoga Sculpt Brad ◊ ◊ ◊
	12:00pm Flexibility Training—Susan ◊	3:30pm Fit Kids Move—Tami ◊	5:00pm Sizzling Zumba—Maria ◊ ◊	5:00pm Circuit Training—Trudie lower gym ◊ ◊	6:00pm Yoga Basics—Robert ◊	7:00pm Pump It Up—Trudie ◊ ◊
<b>FRIDAY</b>	8:00am Wet & WildWaterSplash—Robert ◊	8:30am Bootcamp Exploion—Angela ◊ ◊ ◊	9:30am POUND Rockout Workout—Maria ◊ ◊ ◊	10:30am Mat Pilates—Georgia ◊ ◊	11:30am NuPower Vinyasa Yoga—Becki ◊ ◊ ◊	3:00pm Yoga Stretch—Dana ◊
	4:00pm Barre Above—Sarah ◊ ◊					
<b>SATURDAY</b>	8:30am All About Dance—Kim ◊ ◊	9:00am Aqua-robics—Mari ◊ ◊	9:30am Muscle Corset—Anna ◊ ◊	10:30am Vinyasa Yoga—Eden ◊ ◊		
<b>SUNDAY</b>	8:30am Cardio Dance—Taylor ◊ ◊	9:30am Yogic Waves—Etienne ◊ ◊				
	10:45am Beyond Barre—Amanda ◊ ◊	12:00pm Restorative Yoga—Jackie ◊				

Classes are subject to cancellation without notice.  
 Visit website for descriptions of classes.  
 All classes may be attempted by anyone, but certain moves may need to be modified. Classes are classified as:  
 ◊ Deconditioned members should feel comfortable  
 ◊ ◊ Deconditioned members may be somewhat challenged  
 ◊ ◊ ◊ Deconditioned members may be very challenged

# SPINNING SCHEDULE

June 1-August 31, 2020

<b>MON</b>	5:45am Corkey	8:30am Hayley	6:00pm Robert
<b>TUES</b>	5:45am Angela	8:30am Jess	6:00pm Ashley
<b>WEDS</b>	5:45am Corkey	8:30am Carol	6:00pm Deb
<b>THU</b>	5:45am Tait	8:30am Debbie	
<b>FRI</b>	5:45am Debbie	8:30am Chris	
<b>SAT</b>	8:30am Mallory	9:30am Beth	
<b>SUN</b>	8:30am Mark		

Classes subject to cancellation without notice.

Bring a bottle of water and a towel.

Deconditioned members may be very challenged.

Fusion is a blend of a traditional indoor cycling ride with light weight or bodyweight strength and core training.

# SMALL GROUP TRAINING SCHEDULE

March 1-May 31, 2020

<b>MON</b>	8:30am Rebuild- Corkey (805)218-4629	9:45am Rock It- Danielle (818)219-4835	5:00pm Rock It Erin (701)238-7351		
<b>TUES</b>	6:00am Rock It- Corkey (805)218-4629	8:30am Rock It- Danielle (818)219-4835	9:45am Dream Jeans- Danielle (818)219-4835	4:00pm Rock It- David (323)717-6018	5:00pm Rock It- Sarah (805)218-0874
<b>WEDS</b>	8:30am Rebuild- Corkey (805)218-4629	9:45am Rock It- Danielle (818)219-4835	5:00pm Rock It Erin (701)238-7351		
<b>THU</b>	6:00am Rock It- Corkey (805)218-4629	9:45am Dream Jeans- Danielle (818)219-4835	4:00pm Rock It- David (323)717-6018	5:00pm Rock It- Sarah (805)218-0874	
<b>FRI</b>	8:30am Rock It- Danielle (818)219-4835	9:45am Rehab- David (323)717-6018	<p><b>APPOINTMENT REQUIRED</b></p> <p>1st session is complimentary for members (excluding Dream Jeans), then fees will apply.</p> <p>ROCK IT- No Regrets: Strength+ cardio program that leads to extraordinary results in a fun and safe session.</p> <p>REBUILD-No Pressure: Reasonable workouts for those who are deconditioned, recently healed or aging.</p> <p>REHAB-No Pain: Manual therapist led session for those with injuries looking to get out of pain and move again.</p>		
<b>SAT</b>	9:00am Rock It- Erin (701)238-7351				

**Club Hours: Monday-Thursday 5:30am—9:30pm**

**Friday 5:30am—9:00pm, Saturday 7:00am—8:00pm, Sunday 8:00am—8:00pm**