

|                         |         |          |   |         |          |              |
|-------------------------|---------|----------|---|---------|----------|--------------|
| <b>Monday</b>           |         |          | <b>Friday</b>   |         |          |              |
| Beyond Gym Hike         | Ann     | 8:00 AM  | Wet & Wild Water Splash                                     | Maria   | 9:00 AM  |              |
| Water Wonderland        | Maria   | 9:00 AM  | Bootcamp Explosion  | Cassidy | 8:30 AM  |              |
| Total Body Conditioning | Andrea  | 8:30 AM  | Power Flow Yoga   | Mar     | 9:30 AM  |              |
| Full Flow Yoga          | Megan   | 9:45 AM  | Mat Pilates   | Georgia | 10:30 AM |              |
| Zumba                   | Maria   | 10:45 AM | Qi Gong   | Lyn     | 11:30 AM |              |
| Stretch & More          | Maria   | 12:00 PM | <b>Saturday</b>   |         |          |              |
| Mat Pilates             | Georgia | 4:00 PM  | All About Dance   | Kim     | 8:30 AM  |              |
| Circuit Conditioning    | Jensy   | 5:00 PM  | Water Circuit Training                                      | Jensy   | 9:00 AM  |              |
| Dance Electric          | Anna    | 6:00 PM  | Muscle Corset   | Anna    | 9:30 AM  |              |
| Strong Flow Yoga        | Kim     | 7:00 PM  | Slow Flow Yoga  | Jensy   | 10:45 AM |              |
| 8:30am Spin             | Hayley  | 8:30 AM  | 9:00am Spin   | Beth    | 9:00 AM  |              |
| 6:00pm Spin             | Deb     | 6:00 PM  | <b>Sunday</b>   |         |          |              |
| <b>Tuesday</b>          |         |          | Cardio Dance  | Taylor  | 8:30 AM  |              |
| Hatha Yoga              | Megan   | 8:30 AM  | Yogic Waves   | Etienne | 9:30 AM  |              |
| Walk                    | Mari    | 9:00 AM  | Beyond the Barre  | Amanda  | 10:45 AM |              |
| Barre Above             | Sarah   | 9:45 AM  | 8:30am Spin   | Mark    | 8:30 AM  |              |
| Aquarobics              | Mari    | 10:00 AM | <b>Small Group Personal Training - Appointment Required</b> |         |          |              |
| Breath Centered Yoga    | Rowan   | 10:45 AM | 8:30am Monday   | REBUILD | Corkey   | 805-218-4629 |
| Flexibility Training    | Susan   | 12:00 PM | 9:45am Monday   | ROCK IT | Danielle | 818-219-4835 |
| Pumped Up Strength      | Sarah   | 6:00 PM  | 5:00pm Monday   | ROCK IT | Trudie   | 805-797-8388 |
| Yoga Flow               | Ellen   | 7:00 PM  | 6:00am Tuesday  | ROCK IT | Corkey   | 805-218-4629 |
| 5:45am Spin             | Mallory | 5:45 AM  | 8:30am Tuesday  | ROCK IT | Danielle | 818-219-4835 |
| 8:30am Spin             | Angela  | 8:30 AM  | 8:30am Wednesday  | REBUILD | Corkey   | 805-218-4629 |
| <b>Wednesday</b>        |         |          | 9:45am Wednesday  | ROCK IT | Danielle | 818-219-4835 |
| Aqua Zumba              | Maria   | 9:00 AM  | 5:00pm Wednesday  | ROCK IT | Trudie   | 805-797-8388 |
| Core Strength           | Erin    | 8:30 AM  | 6:00am Thursday   | ROCK IT | Corkey   | 805-218-4629 |
| WERQ Dance Fitness      | Sarah   | 9:30 AM  | 8:30am Friday   | ROCK IT | Danielle | 818-219-4835 |
| Vigorous Vinyasa Yoga   | Ellen   | 10:45 AM | 9:00am Saturday   | ROCK IT | Jesse    | 805-766-5319 |
| Flexibility Training    | Susan   | 12:00 PM |   |         |          |              |
| Pilates Matwork         | Natalie | 4:00 PM  |   |         |          |              |
| Strength Fusion         | Kirby   | 5:00 PM  |   |         |          |              |
| Restorative Yoga        | Lindsay | 6:00 PM  |   |         |          |              |
| 8:30am Spin             | Jess    | 8:30 AM  |   |         |          |              |
| <b>Thursday</b>         |         |          |   |         |          |              |
| Ease into Exercise      | Lynn    | 7:45 AM  |   |         |          |              |
| Mindful Flow Yoga       | Mar     | 8:30 AM  |   |         |          |              |
| Walk                    | Mari    | 9:00 AM  |   |         |          |              |
| Total Body Conditioning | Andrea  | 9:45 AM  |   |         |          |              |
| Aquarobics              | Mari    | 10:00 AM |   |         |          |              |
| Restorative Yin Yoga    | Robyn   | 11:00 AM |   |         |          |              |
| Flexibility Training    | Susan   | 12:00 PM |   |         |          |              |
| Circuit Training        | Trudie  | 5:00 PM  |   |         |          |              |
| Peaceful Vinyasa Yoga   | Paige   | 6:00 PM  |   |         |          |              |
| Fit Bodies              | Jesse   | 7:00 PM  |   |         |          |              |
| 5:45am Spin             | Wadi    | 5:45 AM  |   |         |          |              |
| 8:30am Spin             | Debbie  | 8:30 AM  |   |         |          |              |