

WINTER / SPRING HEALTH & WELLNESS SCHEDULE

THIS SCHEDULE IS SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:15 a.m. CYCLE CHERYL CYCLE STUDIO	5:30 - 6:30 a.m. TOTAL BODY WORKOUT AMY CV GYM	5:30 - 6:30 a.m. CYCLE MIKE CYCLE STUDIO	5:30 - 6:30 a.m. MIX IT AMY CV GYM	5:30 - 6:15 a.m. CARDIO BARRE CHRIS EXERCISE STUDIO	7 - 8 a.m. PUMP IT ADRIANE HUNTER GYM
5:30 - 6:30 a.m. PUMP IT AMY EXERCISE STUDIO	8:15 - 9:15 a.m. STRETCH CHRIS HUNTER GYM	5:30 - 6:30 a.m. PILATES AMY EXERCISE STUDIO	8:15 - 9:15 a.m. STRETCH CHRIS HUNTER GYM	5:30 - 6:30 a.m. CYCLE GEORGE CYCLE STUDIO	8 - 9 a.m. PILATES AMY HUNTER GYM
8 - 8:45 a.m. TRX STRETCH CHRIS EXERCISE STUDIO	9:15 - 9:45 a.m. STEP EXPRESS AMY CV GYM	8:15 - 9 a.m. DANCE FITNESS CHRIS CV GYM	9 - 9:50 a.m. INSANITY AMY CV GYM	8 - 9 a.m. YOGA CHRIS CAC	8 - 9 a.m. CYCLE ADRIANE CYCLE STUDIO
9 - 10 a.m. YOGA RESTORATIVE CHRIS CAC	9:15 - 10:15 a.m. CYCLE ADRIANE CYCLE STUDIO	9:15 - 10:15 a.m. PUNCH FOR PARKINSONS CHRIS CYCLE STUDIO	9:15 - 10:15 a.m. CYCLE ADRIANE CYCLE STUDIO	9:15 - 10 a.m. TRX STRETCH CHRIS EXERCISE STUDIO	9 - 10 a.m. TRX BRIANA EXERCISE STUDIO
8:30 - 9:30 a.m. STRETCH & STRENGTH AMY CV GYM	9:30 - 10:30 a.m. PUMP IT CHRIS EXERCISE STUDIO	9:15 - 10:15 a.m. BARRE AMY CV GYM	9:30 - 10:30 a.m. PUMP IT CHRIS EXERCISE STUDIO	9:15 - 10:30 a.m. BOOT CAMP ADRIANE CV GYM	9:15 - 10:15 a.m. CARDIO PUMP AMY CV GYM
9:30 - 10:30 a.m. ZUMBA CORRINNA CV GYM	10 - 11 a.m. SCULPT IT AMY CV GYM	9:15 - 10:15 a.m. YOGILATES ADRIANE EXERCISE STUDIO	10 - 11 a.m. SCULPT IT AMY CV GYM	10:15 - 11 a.m. PEDAL FOR PARKINSONS CHRIS CYCLE STUDIO	9:15 - 10:15 a.m. CYCLE LAURA CYCLE STUDIO
9:45 - 10:45 a.m. TRX AMY EXERCISE STUDIO	11 a.m. - 12 p.m. TAI CHI CORINNA EXERCISE STUDIO	10:30 - 11:30 a.m. TRX ZOEY EXERCISE STUDIO	11 a.m. - 12 p.m. DELAY THE DISEASE CHRIS HUNTER GYM	10:30 - 11:30 a.m. STANDING PILATES FLOW SHASTA EXERCISE STUDIO	10:30 - 11:30 a.m. BOOT CAMP LAURA CV GYM
10:15 - 11 a.m. CYCLE CHRIS CYCLE STUDIO	11 a.m. - 12 p.m. DELAY THE DISEASE CHRIS HUNTER GYM	10:30 - 11:30 a.m. CONDITIONING & CORE ADRIANE CV GYM	5 - 6 p.m. CYCLE ADRIANE CYCLE STUDIO	10:45 - 11:30 a.m. LOW IMPACT AMY CV GYM	SUNDAY
10:30 - 11:30 a.m. TOTAL BODY WORKOUT BRIANNA CV GYM	5 - 6 p.m. CYCLE AMY CYCLE STUDIO	5:30 - 6:30 p.m. CYCLE CHRIS CYCLE STUDIO	5:30 - 6:30 p.m. TRX IRON CIRCUIT RICK EXERCISE STUDIO		
5:30 - 6:30 p.m. BOOT CAMP LORI CV GYM	6:15 - 7:15 p.m. PILATES WITH PROPS AMY HUNTER GYM	6:45 - 7:30 p.m. TRX STRETCH CHRIS EXERCISE STUDIO	6:45 - 7:45 p.m. YOGA LISA CAC		12:15 - 1:15 p.m. TRX CHRIS EXERCISE STUDIO
6:30 - 7:30 p.m. CYCLE PHYLLIS CYCLE STUDIO	6:30 - 7:30 p.m. P90X CASSY CV GYM		7 - 8 p.m. CARDIO JAM SHASTA CV GYM		
6:30 - 7:30 p.m. TRX ZOEY EXERCISE STUDIO	7:30 - 8:30 p.m. PLYOKICKBOXING ROBERT HUNTER GYM				
6:30 - 7:45 p.m. STEP & SCULPT SARA CV GYM					

Classes listed in **red** on the schedule indicate the class is FREE for members as a benefit. Free classes do not require registration and are first come, first serve.

▶▶▶ AQUATIC GROUP EXERCISE SCHEDULE

THIS SCHEDULE IS SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:55 a.m. TWINGES IN THE HINGES LOUISE WARM WATER POOL	9 - 9:55 a.m. AQUA PULSE MEGHAN LARGE POOL	8 - 8:55 a.m. DEEP WATER DYNAMICS CAROL LARGE POOL (DEEP END)	8:15 - 9 a.m. AF AQUA STRETCH PAULA WARM WATER POOL	8 - 8:55 a.m. TWINGES IN THE HINGES LOUISE WARM WATER POOL
10 - 11 a.m. WATER WALKING LARGE POOL (SHALLOW)	9 - 9:55 a.m. TWINGES IN THE HINGES+ CATHY WARM WATER POOL	8 - 8:55 a.m. TWINGES IN THE HINGES LOUISE WARM WATER POOL	9 - 9:55 a.m. AQUA PULSE MEGHAN LARGE POOL	9 - 9:55 a.m. BIONIC BABY BOOMERS PAULA WARM WATER POOL
10:05 - 11 a.m. DEEP WATER CARDIO PAULA LARGE POOL (DEEP END)	10 - 10:55 a.m. AQUA JAM SHASTA LARGE POOL	8 - 9 a.m. WATER WALKING LARGE POOL (SHALLOW)	9 - 9:55 a.m. TWINGES IN THE HINGES+ CATHY WARM WATER POOL	10 - 11 a.m. WATER WALKING LARGE POOL (SHALLOW)
11:05 a.m. - 12 p.m. TWINGES IN THE HINGES JUDI WARM WATER POOL	11:05 a.m. - 12 p.m. AF AQUATICS ANNIKA WARM WATER POOL	9 - 9:55 a.m. BIONIC BABY BOOMERS PAULA WARM WATER POOL	10 - 10:55 a.m. INSTRUCTOR'S CHOICE LARGE POOL	10:05 - 11 a.m. DEEP WATER CARDIO PAULA LARGE POOL (DEEP END)
12:05 - 1 p.m. AQUA BALANCE PAULA WARM WATER POOL	1 - 1:55 p.m. TWINGES IN THE HINGES+ ANNIKA WARM WATER POOL	11:05 a.m. - 12 p.m. TWINGES IN THE HINGES JUDI WARM WATER POOL	11:05 a.m. - 12 p.m. AF AQUATICS ANNIKA WARM WATER POOL	
7:35 - 8:30 p.m. Y WATER FITNESS SUSAN LARGE POOL (SHALLOW)	2 - 2:55 p.m. TWINGES IN THE HINGES PAT WARM WATER POOL	12:05 - 1 p.m. AQUA BALANCE PAULA WARM WATER POOL	1 - 1:55 p.m. TWINGES IN THE HINGES+ ANNIKA WARM WATER POOL	
7:35 - 8:30 p.m. DEEP WATER DYNAMICS MARY JO LARGE POOL (DEEP END)	7:05 - 8 p.m. TWINGES IN THE HINGES+ DONNA WARM WATER POOL	7:35 - 8:30 p.m. Y WATER FITNESS IRIS LARGE POOL (SHALLOW)	2 - 2:55 p.m. TWINGES IN THE HINGES PAT WARM WATER POOL	
		7:35 - 8:30 p.m. DEEP WATER DYNAMICS MARGIE LARGE POOL (DEEP END)	7:05 - 8 p.m. TWINGES IN THE HINGES+ DONNA WARM WATER POOL	

Classes listed in **red** on the schedule indicate the class is FREE for members as a benefit. All aquatic classes require registration.

