

August Group Exercise Schedule


Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Group Power® Allison Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A
9:30am	Pilates Becky Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Santee Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A
	Zumba® Santee Large Gym		Zumba Gold Toning® Santee Studio A		Aqua Boot Camp Carol Indoor Pool		Aqua Zumba® Santee Outdoor Pool		Aqua Zumba® Santee Outdoor Pool
	Aqua Mix Carol Indoor Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Outdoor Pool	10:30am	Candlelight Yoga Missy Studio A	10:30am	Group Power® Leslie Studio A
Group Power® Leslie Studio A	Aqua Mix Christina Outdoor Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Indoor Pool		11:30am	Tai Chi Flow Santee Studio A (8/29 will be chair yoga)	
10:30am	Aqua Zumba® Santee Outdoor Pool	11:45am	SilverSneakers® Circuit Christina Studio A	11:45am	Stronger Longer Allison Studio A	11:45am	SilverSneakers® Circuit Christina Studio A	Saturday	
	SilverSneakers® Circuit Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	6:35pm	Flow Yoga Cathy Studio A	5:30pm	Group Cycle (45mins) Dana Cycle Studio	8:15am	Group Cycle Dana Cycle Studio
12:30pm	Chair Yoga Santee Studio A	6:35pm	Step Becky Studio A	<div></div>				8:30am	Sculpt & Tone Anissa Studio A
6:00pm	Aqua Santee/ Nickie Outdoor Pool							9:30am	Aqua Mix Christina Indoor Pool
5:30pm	Group Power® Dana Studio A								Group Power® Dana Studio A
6:35pm	Group Cycle (45mins) Dana Cycle Studio								10:35am
	Flow Yoga Cathy Studio A	11:35am	Salsa,Bachata Adam Studio A						
<div>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</div>									
<div>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</div>									

Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.

Pickleball
Tue/Thurs
@9:30am - 12:30pm Gym