

January Group Exercise Schedule


Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Allison Large Gym	8:30am	Group Power® Allison/Leslie Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A
9:30am	Pilates Allison Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Santee Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Yoga Cathy Studio A
	Zumba® Santee Large Gym		Zumba Gold Toning® Santee Studio A		Aqua Boot Camp Carol Indoor Pool		Aqua Zumba® Santee Pool		Aqua Zumba® Santee Pool
10:30am	Aqua Mix Carol Pool	10:30am	Candlelight Yoga Myrna Studio A	10:30am	Flow Yoga Cathy Studio A	10:30am	Gentle Candlelight Yoga Santee Studio A	10:30am	Aqua Mix Allison Pool
	Group Power® Allison Studio A		Aqua Mix Allison Pool		Tai Chi Flow (30 mins) Santee Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A
11:45am	Aqua Zumba® Viktoria Pool	11:45am	SilverSneakers® Classic Allison Studio A	6:00pm	Aqua Mix Christina Pool	11:45am	SilverSneakers® Classic Christina Studio A	11:45am	SilverSneakers® Circuit Allison Studio A
	SilverSneakers® Classic Wendy Studio A	5:30pm	Group Groove® Kelly Studio A (no class 12/31)	6:35pm	Flow Yoga II Cathy Studio A	5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday	
11:45am	Pedal & Pilates Allison Cycle Studio	6:35pm	Basic Step Becky Studio A (no class 12/31)			5:30pm	Group Groove® Kelly Studio A		
12:30pm	Chair Yoga (30mins) Santee Studio A	<div data-bbox="360 1465 763 1696" style="border: 1px solid black; padding: 5px;"> <p>Pickleball Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p> </div> <div data-bbox="815 1465 1253 1743" style="border: 1px solid black; padding: 5px;"> <p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p> </div> <div data-bbox="467 1747 1269 1864" style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>				6:35pm	Group Power® Dana Studio A	6:35pm	Group Power® Dana Studio A
5:30pm	Group Power® Dana Studio A			<div data-bbox="360 1465 763 1696" style="border: 1px solid black; padding: 5px;"> <p>Pickleball Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p> </div> <div data-bbox="815 1465 1253 1743" style="border: 1px solid black; padding: 5px;"> <p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p> </div> <div data-bbox="467 1747 1269 1864" style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>		9:30am	Aqua Mix Staff Pool	9:30am	Group Power® Dana Studio A
6:35pm	Group Cycle (45mins) Dana Cycle Studio					<div data-bbox="360 1465 763 1696" style="border: 1px solid black; padding: 5px;"> <p>Pickleball Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p> </div> <div data-bbox="815 1465 1253 1743" style="border: 1px solid black; padding: 5px;"> <p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p> </div> <div data-bbox="467 1747 1269 1864" style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>		6:35pm	Flow Yoga Cathy Studio A