

July 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 Cheryl 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	Aqua Mix Cheryl Indoor Pool	
Group Power® Ella Studio A	Aqua Mix Cheryl Outdoor Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A			
10:30am	Aqua Zumba® Viktoria Outdoor Pool	11:45am	SilverSneakers® Classic Cheryl Studio A	11:30am	Tai Chi Flow Santee Studio A	11:45am	SilverSneakers® Classic Christina Studio A	11:45am	SilverSneakers® Classic Cheryl Studio A	
11:45am	SilverSneakers® Classic 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	Saturday		
12:30pm	Chair Yoga Santee Studio A	6:35pm	Step Becky Studio A	<div>the</div> <div></div>		5:30pm	Group Groove® Marybeth Studio A	8:15am	Group Cycle Dana Cycle Studio	
6:00pm	Aqua Santee/Victoria/ Nickie Outdoor Pool					6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A	
5:30pm	Group Power® Dana Studio A					<div>7/4 Yoga @9:30 only Group Ex class offered</div>			9:30am	Aqua Mix Christina Indoor Pool
6:35pm	Group Cycle (45mins) Dana Cycle Studio									Group Power® Dana Studio A
	Flow Yoga Cathy Studio A								10:35am	Step Becky Studio A
<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.</div>				<div>Pickleball Tues @9:30am - 12:30pm Gym *No indoor play during inclement weather Outside courts open for play</div>				11:35am	Salsa,Bachata Adam Studio A	