

November 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	CoreFusion 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 Pool		Aqua Zumba® Santee Pool		Aqua Zumba® Santee Pool
	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Pool	10:30am	Candlelight Yoga Missy C Studio A	10:30am	Aqua Mix Missy W Pool
10:30am	Group Power® Leslie Studio A		Aqua Mix Christina Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A
	Aqua Zumba® Viktoria Pool	11:45am	SilverSneakers® Circuit Christina Studio A	11:45am	Stronger Longer Allison Studio A	11:45am	SilverSneakers® Circuit Christina Studio A	11:30am	Tai Chi Flow Santee Studio A
11:45am	SilverSneakers® Circuit Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	6:00PM	Aqua Mix Corissa Pool	5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday	
12:30pm	Chair Yoga Santee Studio A	6:35pm	Step Becky Studio A	6:35pm	Flow Yoga Cathy Studio A	5:30pm	Group Groove® Marybeth Studio A		
5:30pm	Group Power® Dana Studio A	 Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.				6:35pm	Group Power® Dana Studio A	8:15am	Group Cycle Dana Cycle Studio
6:35pm	Group Cycle (45mins) Dana Cycle Studio					Pickleball Tue/Thurs @9:30am - 12:30pm Gym		8:30am	Sculpt & Tone Anissa Studio A
	Flow Yoga Cathy Studio A							9:30am	Aqua Mix Christina/Missy W Pool (NO class 11/29)
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.		Facility CLOSED Thursday 11/27 No classes Friday 11/28 Happy Thanksgiving				Facility CLOSED Thursday 11/27 No classes Friday 11/28 Happy Thanksgiving		9:30am	Group Power® Dana Studio A
								10:35am	Step Becky Studio A
								11:35am	Salsa, Bachata Adam Studio A