


October Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison/Leslie Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A
9:30am	Pilates Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Santee Studio A	Group Cycle Leslie Cycle Studio	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	Candlelight Yoga Myrna Studio A	Flow Yoga Cathy Studio A	Gentle Candlelight Yoga Claire Studio A	Aqua Tabata (Combat last Fri of month) Allison Pool
	Group Power® Allison Studio A	Aqua Mix Allison Pool	Tai Chi Flow Santee Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A
11:45am	Aqua Zumba® Viktoria Pool	SilverSneakers® Classic Allison Studio A	Line Dance Judy Studio A	SilverSneakers® Classic Christina Studio A	SilverSneakers® Circuit Allison Studio A
	SilverSneakers® Classic Wendy Studio A	Group Groove® Kelly Studio A	Adv Line Dance Judy Studio A	Chair Yoga (30mins) Santee/Claire Studio A	
11:45am	Pedal & Pilates Allison Cycle Studio	Basic Step Becky Studio A	Aqua Tabata Christina Pool	Group Cycle (45mins) Dana Cycle Studio (no class 10/31)	
6:35pm	Group Power® Dana Studio A		Flow Yoga II Cathy Studio A	Group Groove® Kelly Studio A (no class 10/31)	Group Cycle Dana Cycle Studio
	Group Cycle (45mins) Dana Cycle Studio		<div data-bbox="373 1585 933 1764" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Pickleball</p> <p style="text-align: center;">Tues/Thurs @9:30am - 12:30pm Gym</p> <p style="text-align: center;">Outside courts open for play any time the facility is open</p> </div>	Group Power® Dana Studio A	Aqua Choice Christina Pool
6:35pm	Flow Yoga Cathy Studio A				
					Basic Step Becky Studio A
12:00pm					Salsa, Bachata Adam Studio A

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.