

October 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	
Group Power® Leslie Studio A	Aqua Mix Christina Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A			
10:30am	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	8:15am	Group Cycle Dana Cycle Studio	
5:30pm	Group Power® Dana Studio A	<div></div>				6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A	
6:35pm	Group Cycle (45mins) Dana Cycle Studio					9:30am	<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>	9:30am	Aqua Mix Christina/Missy W Pool
	Flow Yoga Cathy Studio A								9:30am	Group Power® Dana Studio A
						10:35am			Step Becky Studio A	
						11:35am			Salsa,Bachata Adam Studio A	



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

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.