

September 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 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 Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Pool	10:30am	Candlelight Yoga Missy Studio A	10:30am	Group Power® Leslie Studio A
Group Power® Leslie Studio A	Aqua Mix Christina Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		11:30am	Tai Chi Flow Santee Studio A (9/26 will be chair yoga)	
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	Saturday	
	SilverSneakers® Circuit Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	6:00PM	Aqua Mix Corissa Pool (starts 9/10)	5:30pm	Group Cycle (45mins) Dana Cycle Studio	8:15am	Group Cycle Dana Cycle Studio
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	8:30am	Sculpt & Tone Anissa Studio A
5:30pm	Group Power® Dana Studio A	<div>CLOSED Mon 9/1 for Labor Day</div> <div><div>the</div><div></div></div> <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>				6:35pm	Group Power® Dana Studio A	9:30am	Aqua Mix Christina Pool
6:35pm	Group Cycle (45mins) Dana Cycle Studio					Group Power® Dana Studio A			
	Flow Yoga Cathy Studio A					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.