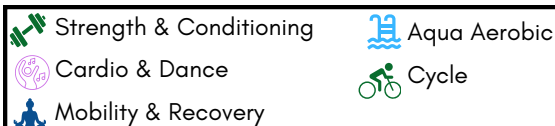


# GROUP EXERCISE SCHEDULE

## MORNING SESSIONS: AUG 31<sup>ST</sup> - OCT 3<sup>RD</sup>

|                  | MONDAY                                                                                                                                      | TUESDAY                                                                                                                                   | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                      | FRIDAY                                                                                                                                   | SATURDAY                                                                                                                                      |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 5:15am-6:05am    |                                                                                                                                             | LIFT & RUN<br>YARD<br>CARLOS (20)<br>                    |                                                                                                                                                      | LIFT & RUN<br>YARD<br>CARLOS (20)<br>      |                                                                                                                                          |                                                                                                                                               |
| 7:00AM-7:50AM    | STRENGTH & CONDITIONING<br>MEETING ROOM<br>JOLENE (20)<br> | CYCLE STRENGTH<br>MEETING ROOM<br>KATHY (10)<br>         | HIIT<br>MEETING ROOM<br>JOLENE (20)<br>                             |                                                                                                                               |                                                                                                                                          |                                                                                                                                               |
| 8:00AM - 8:50AM  | CM HIIT<br>MEETING ROOM<br>CARLOS (22)<br>                 | ULTIMATE CONDITIONING<br>MEETING ROOM<br>VICTOR (20)<br> | CM HIIT<br>MEETING ROOM<br>VICTOR (22)<br>                          | YOGA<br>MEETING ROOM<br>ALEJANDRA (18)<br> | ULTIMATE CONDITIONING<br>MEETING ROOM<br>JOE (20)<br> | CYCLE STRENGTH<br>MEETING ROOM<br>KATHY (10)<br>           |
| 8:30AM - 9:20AM  | AQUA FIT<br>POOL<br>JOLENE (30)<br>                        |                                                                                                                                           | AQUA FIT<br>POOL<br>TERI (30)<br>                                   | AQUA FIT<br>POOL<br>TERI (30)<br>          | AQUA FIT<br>POOL<br>TERI (30)<br>                     |                                                                                                                                               |
| 9:00AM - 9:50AM  | TONE & SCULPT<br>MEETING ROOM<br>TERI (15)<br>           | TONE & SCULPT<br>MEETING ROOM<br>ALEJANDRA (20)<br>    |                                                                                                                                                      | CM HIIT<br>MEETING ROOM<br>JOE (20)<br>  | YOGA<br>MEETING ROOM<br>ALEJANDRA (22)<br>          | ULTIMATE CONDITIONING<br>MEETING ROOM<br>ANGELA (25)<br> |
| 9:30AM - 10:20AM | AQUA FIT<br>POOL<br>JOLENE (30)<br>                      | AQUA FIT<br>POOL<br>JOLENE (30)<br>                    | AQUA FIT<br>POOL<br>TERI (30)<br>                                 | AQUA FIT<br>POOL<br>TERI (30)<br>        | AQUA FIT<br>POOL<br>TERI (30)<br>                   |                                                                                                                                               |
| 10:00-10:50AM    | CM HIIT<br>MEETING ROOM<br>JOE (20)<br>                  | ULTIMATE CONDITIONING<br>MEETING ROOM<br>JOE (15)<br>  | CHAIR YOGA<br>MEETING ROOM<br>ALEJANDRA (9)<br>*10:15-11:05AM<br> |                                                                                                                               | CHAIR YOGA<br>MEETING ROOM<br>ALEJANDRA (9)<br>     | CARDIO FUSION<br>MEETING ROOM<br>ANGELA (40)<br>         |
| 10:30AM-11:20AM  |                                                                                                                                             | AQUA FIT<br>POOL<br>JOLENE (30)<br>                    |                                                                                                                                                      |                                                                                                                               |                                                                                                                                          |                                                                                                                                               |
| 11AM-11:50AM     |                                                                                                                                             |                                                                                                                                           |                                                                                                                                                      |                                                                                                                               | TONE & SCULPT<br>MEETING ROOM<br>JOLENE (20)<br>    |                                                                                                                                               |



RESERVE YOUR SPOT ONLINE

|                  | MONDAY                                                                                                                       | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                                                 | THURSDAY                                                                                                                          | FRIDAY                                                                                                                  | SATURDAY |
|------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------|
| 12:30PM - 1:20PM |                                                                                                                              |                                                                                                                         | CM HIIT<br>YARD<br>MARCELLUS (24)                        |                                                                                                                                   |                                                                                                                         |          |
| 4:00PM - 4:50PM  |                                                                                                                              | LEG DAY<br>YARD<br>VICTOR (15)         |                                                                                                                                           | LEG DAY<br>YARD<br>VICTOR (15)                 | BURN CAMP<br>YARD<br>MARCELLUS (24)  |          |
| 5:00PM - 5:50PM  |                                                                                                                              | CROSS STRENGTH<br>YARD<br>CARLOS (15)  |                                                                                                                                           | CROSS STRENGTH<br>YARD<br>VICTOR (15)          | AQUA FIT<br>POOL<br>JOLENE (30)      |          |
| 5:30PM - 6:20PM  |                                                                                                                              |                                                                                                                         | XTREME HIP HOP®<br>STEP<br>MEETING ROOM<br>LATISHA (24)  | HIIT BOOTCAMP<br>MEETING ROOM<br>LATISHA (24)  |                                                                                                                         |          |
| 6:00PM - 6:50PM  | CYCLE YOGA<br>MEETING ROOM<br>KATHY (10)  |                                                                                                                         |                                                                                                                                           |                                                                                                                                   |                                                                                                                         |          |
| 6:30PM - 7:20PM  |                                                                                                                              |                                                                                                                         |                                                                                                                                           | DANCE HIIT<br>MEETING ROOM<br>JARVIER (35)   |                                                                                                                         |          |

### STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, high-intensity cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness.

### CARDIO & DANCE

Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. From the uplifting Zumba to the intense Xtreme Burn, each class keeps you moving and burning calories.

### MOBILITY & RECOVERY

Our mind-body classes focus on flexibility, strength, balance, and relaxation. Yoga helps release tension and deepen flexibility, while tone & sculpt builds muscle endurance and functional strength promoting overall well-being.

### AQUA FITNESS

Our Aqua Fitness classes combine water resistance with strength, cardio, and flexibility for a full-body, low-impact workout. Each class builds endurance, protects your joints, and enhances balance, core strength, and flexibility.



### CYCLE



Our fusion cycling classes offer a balanced mix of cardio, strength, and recovery. Cycle Strength alternates high-energy cycling with full-body dumbbell training, while Cycle Yoga Fusion combines intense intervals with yoga stretches to enhance flexibility and prevent overuse injuries. Perfect for all fitness levels, these classes build endurance, strength, and mobility.