



Group Fitness & Specialty Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Key
5:15 a.m.	PowerRide (45min) (S2)	UrbanKick (45 min) (S2)	PowerRide (45min) (S2))	UrbanKick (45min) (S2)				Studio 1 (S1) Studio 2 (S2)
9:00 a.m.	Yoga (1Hr) (S1)	Yoga Fitness (50 Min) (S1)	Yoga (1Hr) (S1)	Yoga Fitness (50 Min) (S1)		PowerRide (1Hr) (S2)		Basketball area (GYM) Therapy Pool (ATP)
10:00 a.m.			Boga Yoga (1Hr) (CP)					Competition Pool (CP)
12:00 p.m.				BARRE (45min) (S1)				Barre-Michelle Kirkpatrick
4:30 p.m.	Aqua Zumba (1Hr) ATP		Aqua Zumba (1Hr) ATP					Hop It Up-Lindsey Chism McCarter PowerRide-Elsie Wright, Elena Ray
5:00 p.m.		Tumbling (90 min) (GYM)		Tumbling (90 min) (GYM)				Senior Fit-Claudia Castillo
5:30 p.m.	BARRE (45min) (S1) PowerRide (45min) (S2)	Hop It Up (50 min) (S1)	PowerRide (45min) (S2)	Hop It Up (50 min) (S1)				Strong by Zumba-Claudia Castillo TRX-Armando Ramos Tumbling-Richelle Garcia, Brianna Dean

January, 2019 (Class times & days can be subject to change)

Revised 1-3-2019

UrbanKick- Elena Ray
Yoga Fitness, Boga Yoga-Debbie Tippy
Yoga-Bridgette Stout
Zumba Toning-Elsie Wright
Aqua Zumba-Kim Smith