



# GROUP CLASSES - January 2019\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:10AM LEVEL I/II YOGA KiKi	7:00-8:10AM LEVEL I/II YOGA Mike	7:00 - 8:10AM LEVEL I/II YOGA KiKi	7:00-8:10AM LEVEL I/II YOGA Mike	7:00-8:10AM LEVEL I/II YOGA Sue		8:30AM MAT PILATES Vicki
8:15-9:00AM CARDIO DANCE Serena	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM TOTAL BODY STRENGTH Elaine	8:15-9:00AM CARDIO DANCE Sue	8:15-9:00AM TOTAL BODY STRENGTH Sue	9:00AM WATER EXERCISE** Elaine	9:30AM STEP & SCULPT Elaine
9:00AM TOTAL BODY STRENGTH Serena	9:00AM GROUP CYCLE  Sue	9:00AM CARDIO & SCULPT Elaine	9:00AM CARDIO & PILATES Vicki	9:00 - 10:00AM CARDIO & SCULPT Sue	9:00AM GROUP CYCLE  Varied	10:30AM - NOON WATER EXERCISE** Elaine
10:00-10:30AM TAI CHI - Sue	10:00AM CORE CLASS Alfonso	10:00-10:30AM Abs, Etc. - Iku	10:00AM CORE CLASS Alfonso	10:00-10:30AM TAI CHI - Sue	10:00-11:10AM CORE YOGA & PILATES Rose	10:30AM - NOON VINYASA YOGA & MEDITATION Rose
10:30AM STRETCH CLASS Sue	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Iku	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Sue	11:30AM ZUMBA® DANCE Nargis	
11:30AM CHAIR EXERCISE Sue		11:30AM CHAIR EXERCISE Iku		11:30AM CHAIR EXERCISE Sue		

6:30PM  
GROUP  
CYCLE   
Janelle

7:00PM  
CARDIO DANCE  
& Conditioning  
Iku

5:00 - 6:00PM  
ZUMBA GOLD®  
DANCE  
Nargis

6:00PM  
ZUMBA®  
DANCE  
Nargis

7:00 - 8:15PM  
YOGA  
LEVEL I & II  
Michelle

► **New class, time or instructor**

\*\*Water Exercise held at West Pool

**Afternoon/Evening Classes**

**FITNESS CENTER HOURS**

WEEKDAYS 5:30AM - 10:00PM

WEEKENDS 7:00AM - 8:00PM

\*schedule is subject to changes  
≥6 to maintain class on schedule

 **Group Cycle - Limited space,  
sign-up at front desk required**