


# Virtual and On-Site Group Exercise Schedule

Effective: November 1, 2020

## Virtual Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
6:00-6:55a	Cardio Sculpt YUE	7:00-7:55a	Meditation • CAROL	6:00-6:55a	Cardio Sculpt CHERIE	7:00-7:55a	Mat Pilates • JEAN	6:00-6:55a	Cardio Sculpt YUE	8:00-8:55a	Yoga Flow RHONDA	
7:00-7:55a	Hatha Yoga JEAN YVES	8:00-8:55a	Barre Fusion YUE	7:00-7:55a	Hatha Yoga CAROL	8:00-8:55a	Barre Fusion YUE	7:00-7:55a	Hatha Yoga & Meditation • CAROL	9:00-9:55a	Mat Pilates RHONDA	
8:00-8:55a	Core Blast MOUNA	9:00-9:55a	HIIT YUE	8:00-8:55a	HIIT MOUNA	9:00-9:55a	HIIT YUE	8:00-8:55a	Body Conditioning CHERIE	10:30-11:25a	Core Blast & HIIT MOUNA	
9:00-9:55a	Fish Out of Water • CHERIE	10:30-11:25a	Stable & Strong • STERLING	9:00-9:55a	Fish Out of Water • CHERIE	10:30-11:25a	Stable & Strong • STERLING	9:00-9:55a	Fish Out of Water • CHERIE	11:30-12:25p	Zumba® CANDI	
10:30-11:25a	Yogilates LILIANA	11:30-12:25p	Zumba® KIM	10:30-11:25a	Mat Pilates LILIANA	11:30-12:25p	Zumba® KIM	10:00-10:55a	Yoga Vinyasa LAURA	<b>SUNDAY</b>		
10:30-11:25a	DanceFit <b>NEW</b> SHAR	1:00-1:55p	Gentle Yoga • JEAN	11:30-12:25p	Yoga Str./Flex. VY	1:00-1:55p	Gentle Yoga • JEAN	11:30-12:25p	Pilates Sculpt LILIANA			8:00-8:55a
11:30-12:25p	Hatha Yoga CAROL	4:00-4:55p	Yoga Yin CHRISTINE	12:00-12:55p	Body Conditioning <b>NEW</b> ALYSSA	4:00-4:55p	Yoga Vinyasa TAISSIA	12:00-12:55p	Body Conditioning <b>NEW</b> ALYSSA	9:00-9:55a	Mat Pilates LAURA	
4:00-4:55p	Qigong/Meditation • JOHN	5:30-6:25p	HIIT LINDA	4:00-4:55p	Chen Tai Chi /Qigong • BEN	5:30-6:25p	Body Conditioning SHAR	5:00-5:55p	DanceFit SHAR	10:30-11:25a	Body Conditioning SHAR	
5:30-6:25p	Kickbox Conditioning LINDA	6:30-7:25p	Mat Pilates • LAURA	5:30-6:25p	Barre Fusion YUE	6:30-7:25p	Zumba® CANDI	• Appropriate for those new to exercise, pre/post natal or with limited mobility.		11:30-12:25p	Yoga Stretch & Restore • VY	
6:30-7:25p	WOD Ujam® SHERONA			6:30-7:25p	WOD Ujam®/MixedFit® MARIANNE							
<div style="text-align: center;">  <p><b>JOIN VIRTUAL CLASS HERE</b></p> </div>										<b>VIRTUAL CLASS LINKS</b>		
										<b>TO JOIN CLASS</b> Click Link →→→→→→→→ at scheduled class time.		<a href="#">STRENGTH - LINK</a>
												<a href="#">CARDIO - LINK</a>
										<a href="#">MIND-BODY - LINK</a>		

## On Site Class Schedule \*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9:00-9:55a On Site	Cycle* BRETT	6:00-6:55a On Site	Cycle* JORY	9:00-9:55a On Site	Cycle* LINDELL	6:00-6:55a On Site	Cycle* JORY	5:00-5:55p <b>NEW</b>	Boot Camp* JOSH (Pool Deck)	8:00-8:55a Pool Deck	Boot Camp* ALYSSA
Reservations For Onsite Classes* <div style="background-color: #0056b3; color: white; padding: 5px; display: inline-block; border-radius: 10px;">CLICK HERE</div>		Please arrive on time for class, listen to your body, take breaks as needed and hydrate often. Please refer to our website for major holiday schedule changes. Questions/comments please email Group Exercise Manager, Cherie Schultz: <a href="mailto:schultzc@smccd.edu">schultzc@smccd.edu</a>								9:00-9:55a On Site	Cycle* BRETT
		<b>Club Hours</b> Monday - Friday 6:00am - 7:00pm Sat/Sun: 7:00am - 2:00pm									