



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a	Cardio Sculpt YUE	6:00-6:55a (Studio 4)	Cycle JORY	7:00-7:50am	Aligned Vinyasa TAISSIA	6:00-6:55a (Studio 4)	Cycle JORY	6:00-6:50a	Cardio Sculpt YUE	8:00-8:55a (Studio 4)	Cycle CANDI
7:00-8:15a	Hatha Yoga & Meditation CAROL (75)	7:30-8:20a	Barre Fusion YUE	8:30 - 9:20a	HIIT MOUNA	7:00-7:50a	Cup of Jo/Yoga II/III JEAN	7:00-7:55a (Studio 4)	Sunrise Sprin DEBBIE	8:30-9:20a	Yoga Flow EMILY
8:30-9:20a	Core Blast MOUNA	8:30 - 9:20a	HIIT YUE	9:30-10:20a	Gentle Conditioning MOUNA	7:30-8:20a	Barre Fusion YUE	8:00-8:50a	Body Sculpt MOUNA	9:00-9:50a	Blast on the Deck CANDI
9:30-10:20a	Body Sculpt MOUNA	9:30-10:20a	Zumba® KIM	9:00-9:55a (Studio 4)	Cycle LINDELL	9:00-9:50a	Aqua POOL Fitness RED	9:00-9:50a	Kickbox Conditioning MOUNA	9:00-9:50am	Core Blast & HIIT MOUNA
9:00-9:50a	Aqua POOL Fitness LIZ	9:30-10:40a	Balance & Power* STERLING (75)	9:00-9:50a	Party in the Pool RED	8:30 - 9:20a	HIIT YUE	9:00-9:50a	Aqua POOL Fitness SANDY	10:00-10:50a	Zumba® CANDI
9:00-9:55a (Studio 4)	Cycle BRETT	10:30a-11:20a	Mat Pilates LAURA	10:30-11:20a	Mat Pilates JEAN	9:30-10:20p	Zumba® KIM	10:00-10:50a	Zumba Gold® * LAURIE	10:00-10:50am	Gentle Conditioning MOUNA
10:30-11:20a	Pilates LAURA	1:00-1:50p	Gentle Yoga * JEAN	11:30-12:45p	Yoga Strength & Flexibilitv VY (75)	9:30-10:40a	Balance & Power* STERLING (75)	5:00-5:50p	Dance Fusion PHOEBE	<b>SUNDAY</b>	
11:30-12:20p	Vinyasa Yoga CHRISTINE	4:00-5:15p	Yoga Yin* CHRISTINE (75)	5:00 -5:50p	Barre Fusion YUE	10:30-11:20a	Pilates Sculpt Laura		9:00-9:50a		
12:30-1:30p	Body Conditioning ALYSSA	5:30-6:20p	HIIT LINDA	6:00 - 6:50p	Strength Conditioning KARA	1:00-1:50p	Gentle Yoga* JEAN		9:00-9:50a	Party in the Pool RED	
5:30-6:20p	Kickbox Conditioning LINDA	5:30-6:20p (Studio 4)	Cycle CANDI	6:00-6:50p	Ujam®/MixedFit® MARIANNE	4:00-4:50p	Mat Pilates RHONDA		10:00-10:50a	Yoga Vinyasa LAURA	
7:00-7:50pm	Slow Flow Yoga * EMILY	6:30-7:00p (Studio 4)	Barre 30 CANDI	7:00-7:30pm	Core Strength 30 KARA	5:00-5:50p	Yoga Flow RHONDA		10:00 - 10:50a	Strength Conditioning KARA	
						5:30-6:00p	Zumba STRONG 30® CANDI		11:00-11:30am	Core Strength 30 KARA	
						6:00-6:50p	Zumba® CANDI				

**\*RESERVATIONS REQUIRED FOR ALL CYCLING & AQUA CLASSES ONLY.**  
 Visit: <http://comfit.smccd.edu>

**Aqua Fitness at Cañada College Athletic Center; Tues/Thurs @11am. Reservations Required. Questions?**  
 Contact Group Exercise Coordinator Laura Wratten - wrattenl@smccd.edu

**Days & Hours:**  
 Monday - Friday 6:00am-8:30pm  
 Saturday-Sunday 7:00am-2:00pm

