



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio2	<b>Cardio Sculpt</b> YUE	6:00-6:55a Studio 4	<b>Cycle</b> JORY	7:00-7:50am Studio 3	<b>Aligned Vinyasa</b> TAISSIA	6:00-6:55a Studio 4	<b>Cycle</b> JORY	6:00-6:50a Studio 2	<b>Cardio Sculpt</b> YUE	8:00-8:55a Studio 4	<b>Cycle</b> CANDI
7:00-8:15a Studio 2	<b>Hatha Yoga &amp; Meditation</b> CAROL (75)	7:30-8:20a Studio 2	<b>Barre Fusion</b> YUE	8:30 - 9:20a Studio 3	<b>HIIT</b> MOUNA	7:00-7:50a Studio 3	<b>Cup of Jo/Yoga II/III</b> JEAN	7:00-7:55a Studio 4	<b>Sunrise Cycle</b> DEBBIE	8:30-9:20a Studio 2	<b>Yoga Flow</b> EMILY
8:30-9:20a Studio 3	<b>Core Blast</b> MOUNA	8:30 - 9:20a Studio 2	<b>HIIT</b> YUE	9:30-10:20a Studio 3	<b>Gentle Conditioning</b> MOUNA	7:30-8:20a Studio 2	<b>Barre Fusion</b> YUE	7:00-7:50a Studio 2	<b>Legs, Bums &amp; Tums</b> KAREN	9:00-9:50a Pool Deck	<b>Blast on the Deck</b> CANDI
9:30-10:20a Studio 3	<b>Body Sculpt</b> MOUNA	9:30-10:20a Studio 2	<b>Zumba®</b> KIM	9:00-9:55a Studio 4	<b>Cycle</b> LINDELL	8:30 - 9:20a Studio 2	<b>HIIT</b> YUE	8:00-8:50a Studio 2	<b>Tabata</b> KAREN	9:00-9:50am Studio 3	<b>Core Blast &amp; HIIT</b> MOUNA
9:00-9:50a Pool Deck	<b>Aqua POOL Fitness</b> RED	9:30-10:40a Studio 3	<b>Balance &amp; Power*</b> STERLING (75)	9:00-9:50a Pool Deck	<b>Aqua POOL Fitness</b> RED	9:00-9:50a Pool Deck	<b>Aqua Social</b> Open Workout	8:00-8:50a Studio 3	<b>Body Sculpt</b> MOUNA	10:00-10:50a Studio 2	<b>Zumba®</b> CANDI
9:00-9:55a Studio 4	<b>Cycle</b> BRETT	10:30-11:20a Studio 2	<b>Tabata</b> KAREN	10:30-11:20a Studio 3	<b>Mat Pilates</b> JEAN	9:30-10:20p Studio 2	<b>Zumba®</b> KIM	9:00-9:50a Studio 3	<b>Kickbox Conditioning</b> MOUNA	10:00-10:50am Studio 3	<b>Gentle Conditioning</b> MOUNA
10:30-11:20a Studio 3	<b>Mat Pilates</b> LAURA	1:00-1:50p Studio 2	<b>Gentle Yoga *</b> JEAN	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibilitv</b> VY (75)	9:30-10:40a Studio 3	<b>Balance &amp; Power*</b> STERLING (75)	9:00-9:50a Pool Deck	<b>Aqua POOL Fitness</b> SANDY	<b>SUNDAY</b>	
11:30-12:20p Studio 3	<b>Vinyasa Yoga</b> CHRISTINE	4:00-5:15p Studio 2	<b>Yin Yoga*</b> CHRISTINE (75)	5:00 -5:50p Studio 2	<b>Barre Fusion</b> YUE	10:30-11:20a Studio 2	<b>Tabata</b> KAREN	10:00-10:50a Studio 2	<b>Zumba Gold®*</b> LAURIE		
12:30-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA	5:30-6:20p Studio 2	<b>HIIT</b> LINDA	6:00 - 6:50p Studio 2	<b>Body Conditioning</b> YUE	1:00-1:50p Studio 2	<b>Gentle Yoga*</b> JEAN	11:00-11:50a Starts 8/12	<b>Pilates Sculpt</b> LAURA	9:00-9:50a Pool Deck	<b>Party in the Pool</b> RED
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA			6:00-6:50p Studio 3	<b>Ujam®/MixedFit®</b> MARIANNE	4:00-4:50p Studio 3	<b>Mat Pilates</b> RHONDA	5:00-5:50p Studio 2	<b>Dance Fusion</b> PHOEBE	10:00-10:50a Studio 3	<b>Vinyasa Yoga</b> LAURA
7:00-7:50pm Studio 2	<b>Slow Flow Yoga *</b> EMILY					5:00-5:50p Studio 3	<b>Yoga Flow</b> RHONDA				

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

Class marked with (\*) appropriate for beginners. Questions? Contact Group Exercise Coordinator,  
 Laura Wratten - wrattenl@smccd.edu

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

