



## 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 BEATS***</b> CANDI
7:00-8:15a Studio 2	Hatha Yoga & Meditation * CAROL (75)	7:30-8:20a Studio 2	<b>Barre Fusion</b> YUE	8:30 - 9:20a Studio 3	<b>HIIT</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***	8:30-9:30a Studio 2	<b>Yoga Flow *</b> GEX STAFF
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	8:30 - 9:20a Studio 2	<b>HIIT</b> YUE	8:30-9:20a Studio 3	<b>Body Sculpt ***</b> MOUNA	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	9:30-10:20p Studio 2	<b>Zumba® ***</b> KIM	9:30-10:20a Studio 3	<b>Kickbox Conditioning</b> MOUNA ***	9:00-9:50am Studio 3	<b>HIIT</b> MOUNA
9:00-9:50a Small Pool	<b>Aqua Social</b> Open Workout	9:30-10:40a Studio 3	<b>Balance &amp; Power *</b> STERLING (75)	9:00-9:50a Small Pool	<b>Aqua Social</b> Open Workout	9:30-10:40a Studio 3	<b>Balance &amp; Power *</b> STERLING (75) ***	9:00-9:50a Small Pool	<b>Aqua POOL Fitness</b> SANDY	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> LAURA	10:30-11:20a Studio 2	<b>Tabata</b> KAREN	10:00-10:50a Studio 2	<b>Zumba Gold® *</b> LAURIE	10:00-10:50am Studio 3	<b>Gentle Conditioning *</b> MOUNA
10:30-11:20a Studio 3	<b>Healthy Back *</b> NANCY	1:00-1:50p Studio 2	<b>Gentle Yoga *</b> DEBI/CHRISTINE	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibility ***</b> VY (75)	1:00-1:50p Studio 2	<b>Gentle Yoga *</b> DEBI/CHRISTINE	11:00-11:50a Studio 2	<b>Pilates Sculpt</b> LAURA	11:00-12:30p Studio 2	<b>Vinyasa Yoga &amp; Meditation</b> DAVID (90)
11:30-12:20p Studio 3	<b>Vinyasa Yoga***</b> CHRISTINE	4:00-5:15p Studio 2	<b>Yin Yoga *</b> CHRISTINE (75)	5:15 -6:05p NEW TIME	<b>Barre Fusion ***</b> YUE	4:00-4:50p Studio 3	<b>Mat Pilates *</b> RHONDA	1:00-1:50p Studio 2	<b>TGIF Friday Flow *</b> DEBI	<b>SUNDAY</b>	
12:30-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA	5:00-5:50pm Studio 3	<b>Zumba® ***</b> GABY	5:00-5:50p Studio 3	<b>Core Flow Yoga *</b> CELINA	5:00-5:50p Studio 3	<b>Yoga Flow ***</b> RHONDA	4:00-4:50p 5-170	<b>Jiu Jitsu Fit***</b> BRUCE	8:30-9:20a Studio 2	<b>Mat Pilates</b> LAURA
4:00-4:50p 5-170	<b>Jiu Jitsu Fit***</b> BRUCE	5:30-6:20p Studio 2	<b>HIIT</b> LINDA	6:15 - 7:05p NEW TIME	<b>Body Conditioning</b> YUE ***	6:00-6:50p Studio 2	<b>Strength Conditioning</b> WENDY	5:00 -5:50p NEW CLASS	<b>Move &amp; Groove</b> JOHN	8:30-9:25a Studio 4	<b>Cycle***</b> TIM
5:00-5:50p Studio 3	<b>Total Body Pilates</b> LAURA	6:30-7:25p Studio 4	<b>Cycle***</b> ALYSSA	6:00-6:50p Studio 3	<b>UJAM®/MixedFit®</b> MARIANNE	6:00-6:50p Studio 3	<b>BollyX ***</b> ARCHANA			9:00-9:50a Small Pool	<b>Party in the Pool *</b> RED
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA	7:00-8:15pm Studio 2	<b>Hatha Yoga</b> JOHN (75)							9:30a-10:20a Studio 2	<b>Vinyasa Yoga</b> LAURA
6:00-6:50p Studio 3	<b>DanceMix</b> YUKO									10:30-11:20a Studio 2	<b>Zumba® ***</b> WENDY
6:30-7:20p Studio 2	<b>Body Weight Burn***</b> GREY										
7:00-8:00pm Studio 3	<b>Vinyasa Krama *</b> YUKO										
<b>RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES</b>											
Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only.											
Questions? Contact Laura Wratten - wrattenl@smccd.edu											
										<b>Membership Hours:</b> Monday-Friday 6:00am-8:30pm Saturday-Sunday 7:00am-2:00pm	

