CAÑADA COLLEGE
ATHLETIC CENTER
Your community connection to education and fitness.

June 2025

Group Exercise Class Schedule

This schedule is not 100% Accurate. For the most current schedule, please log into the Empower M.E. member portal.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:50a	Tabata HIIT	7:00-7:50a	TRX	6:00-6:50a	SPIN	6:00-6:50a	Strength & Endurance	6:00-6:50a	Strength & Cond.	8:00-9:15a	Yoga Fit & Fun		
1-203	KAREN	1-207	CANDI	Cycle Studio	KAREN	Rooftop	KAREN	1-207	KAREN	1-208	JOHN C.		
7:00-7:50a	Legs, Bums, & Tums	8:00-8:50a	Tone Zone	6:30-7:20a	Functional Strength	7:00-7:50a	TRX	6:15-7:30a	Hatha Yoga	8:00-8:50a	BollyX		
1-203	KAREN	1-207	ALEX	1-203	AMAN	1-207	CANDI	1-203	JOHN C.	1-203	ARCHANA		
7:00-7:50a	Body Combat	8:00-8:50a	LaBlast	7:30-8:20a	Stretch & Restore	8:00-8:50a	HIIT/Strength & Cond.	7:00-7:50a	BOOTCAMP	8:00-8:50a	CORE Conditioning		
1-207	ARRON	1-208	SANDY	1-203	AMAN	1-207	AMAN	Rooftop	KAREN	1-207	LAAM		
8:30-9:20a	Total Body Pilates	9:00-9:50a	Deep Recovery/Roller New	7:30-8:20a	HIIT	8:00-8:50a	LaBlast	8:00-8:50a	TONE ZONE	9:00-9:50a	SPIN		
1-203	LAURA	1-207	SANDY	1-207	DIPIKA	1-208	AMY	1-207	ALEX	Cycle Studio	ANNE		
8:30-9:20a	True Ballet Barre	9:15-10:30a	Power Yoga ***	8:30-9:20a	Mat Pilates	9:00-9:50a	CYCLE BEATS	8:30-9:20a	True Ballet Barre	9:30-10:20a	POP Pilates		
1-207	MARIA	1-203	ELLEN	1-203	DIPIKA	Cycle Studio	TIM	1-203	MARIA	1-207	LAAM		
9:00-9:50a	CYCLE BEATS	10:00-10:50a	TRX	9:00-9:50a	Vinyasa Yoga	9:00-9:50a	TABATA HIIT	9:00-10:15a	Traditional Yoga	10:30-11:20a	U-Jam Fitness		
Cycle Studio	CANDI	1-207	KARI	1-208	SHERYL	1-207	KAREN	1-203	PADMINI	1-203	MARIANNE		
9:30-10:20a	Yoga Basics	10:00-11:15a	Drill & Play Pickleball	9:00-9:50a	Legs, Bums, & Tums	9:15-10:30a	Power Yoga ***	9:00-9:50a	SPIN	10:30-11:45a	Resorative Yin Yoga *New		
1-203	RUTH	Rooftop	PETE	1-207	KAREN	1-203	ELLEN	Cycle Studio	KAREN	1-207	AZIANA		
10:00-10:50a	TRX	11:00-11:50a	Mat Pilates	10:00-10:50a	Zumba Gold®	10:00-10:50a	Deep Recovery/Roller	9:00-9:50a	Injury Recovery	11:00-12:15p	Drill & Play Pickleball		
Rooftop	CANDI	Rooftop	KARI	1-203	LAURIE	1-207	SANDY	1-207	ALEX	Rooftop	PETE		
10:30-11:20a	Power Fitness	11:30-12:20p	Balance & Power	10:30-11:20a	Power Fitness	10:00-11:15a	Drill & Play Pickleball	10:00-10:50a	TONE ZONE HIIT	12:15-1:05p	TRX		
1-207	JACOB	1-203	STERLING	1-207	JACOB	Rooftop	PETE	1-203	ALEX	1-207	KENDRA		
11:00-11:50a	ZUMBA®	12:00-12:50p	TRX	11:00-11:50a	Yogalettes ***	11:15-12:05p	Total Body Pilates	10:30-11:20a	Power Fitness				
1-203	CANDI	Rooftop	CANDI	1-203	LAURA	1-203	LAURA	1-207	JACOB				
12:00-1:00p	Aqua Fit	12:00-12:50p	Aqua Strength & Fitness	11:30-12:20p	Deep Recovery	12:00-12:45p	TRX	11:00-11:50a	ZUMBA GOLD®	7:00-7:50a	Functional Strength		
Pool	LIAM	Pool	AMY	1-207	JACOB	Rooftop	CANDI	1-203	VERONICA	1-203	AMAN		
12:00-12:50p	TRX	12:30-1:20p	Total Body Pilates	11:30-12:20p	TRX HIIT	12:00-12:50p	Aqua Strength & Fitness	11:30-11:50a	Deep Recovery	9:00-10:15a	Yin Yang Yoga		
Rooftop	CANDI	1-203	LAURA	Rooftop	JENNIFER	Pool	AMY	1-207	JACOB	1-203	NANCY		
4:00-4:50p	Advanced Yoga	1:00-1:50p	Tone, HIIT, & Burn	12:00-1:00p	Aqua Fit	12:15-1:15p	Cardio Dance QiGong	11:30-12:20p	TRX HIIT	9:00-10:15a	Drill & Play Pickleball		
1-203	KIRSTEN	1-207	LINDA	Pool	LIAM	1-203	JOHN C.	Rooftop	JENNIFER	Rooftop	PETE		
5:00-5:50p	Tabata HIIT	4:00-4:50p	Power & Strength ***	1:00-1:50p	Injury Recovery	12:35-1:25p	Balance & Power	12:00-12:50p	Aqua Fit	9:30-10:20a	SPIN		
Rooftop	KAREN	Rooftop	ALEX	1-207	ALEX	1-207	STERLING	Pool	LIAM	Cycle Studio	ANNE		
5:00-5:50p	TRX	4:30-5:20p	Mat Pilates	4:00-4:50p	Mat Pilates	4:15-5:15p	SteroFlux	12:30-1:20p	Total Body Pilates	9:00-9:50a	Mat Pilates		
1-207	CANDI	1-208	DIPIKA	1-207	JADE	1-203	RYAN	1-203	LAURA	1-208	DIPIKA		
5:30-6:20p	SPIN	5:00-5:50p	Endurance & Strength***	4:45-6:00p	Yoga Power Flow	5:30-6:20p	SPIN	4:50-5:50p	Advanced Yoga	10:00-10:50a	Total Body TRX		
Cycle Studio	KENDRA	Rooftop	ALEX	1-208	ELLEN	Cycle Studio	LINDA	1-203	KIRSTEN	1-207	LINDA		
5:30-6:20p	ZUMBA®	5:00-5:50p	Power Fitness	5:00-5:50p	BARRE	5:30-6:45p	All Levels Yoga ***	5:30-6:20p	DanceMix ***	10:30-11:20a	Healthy Back		
1-203	VERONICA	1-207	JACOB	1-207	JADE	Rooftop	RYAN	1-203	PHOEBE	1-203	NANCY		
5:30-6:20p	Gentle Yoga	5:30-6:20p	SPIN	5:00-5:50p	Endurance & Strength**	5:45-6:35p	Bodyweight Burn	6:30-7:20p	BEAST TRX	10:30-11:20a	HIIT-Strength/Cardio		
1-208	SHERYL	Cycle Studio	SCOTT	Rooftop	ALEX	1-207	GREY	1-207	KIRSTEN	1-208	DIPIKA		
6:00-6:50p	Circuit Training	6:00-6:50p	Stretch & Restore	5:30-6:20p	CYCLE BEATS	6:05-6:55p	Party in the Pool	6:30-7:20p	Vinyasa Yoga	3:00-4:00p	Party in the Pool ** 6/1		
1-207	LINDA	1-207	VY	Cycle Studio	CANDI	Pool	RED	1-208	YUKO	Pool	RED		
6:30-7:20p	DanceMix	6:05-6:55p	Party in the Pool	6:30-7:20p	ZUMBA® ***	6:45-7:35p	Functional Stretch			11:00-11:50a	BollyX ***New Class		
1-203	YUKO	Pool	RED	1-181	KELLY	1-207	AMAN			1-207	THARINY		
		7:00-7:50p	Yoga Flow	6:30-7:20p	TRX	6:45-7:35p	ZUMBA®						
		1-207	VY	1-207	CANDI	1-181	SANDRA						

RESERVATIONS REQUIRED FOR ALL CLASSES.
Visit: comfit.canadacollege.edu
New class location***
New class added**
New class time*

Questions? Contact Group Exercise Coor-dinator Candi Cabrera - cabrerac@smccd.edu