



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	
6:00-6:50a 1-203	Tabata HIIT KAREN	7:00-7:50a 1-207	TRX CANDI	6:00-6:50a Cycle Studio	SPIN KAREN	6:00-6:50a Rooftop	Strength & Endurance KAREN	6:00-6:50a 1-207	Strength & Cond. KAREN	8:00-9:15a 1-208	Yoga Fit & Fun JOHN C.
7:00-7:50a 1-203	Legs, Bums, & Tums KAREN	8:00-8:50a 1-207	Tone Zone ALEX	6:30-7:20a 1-203	Functional Strength AMAN	7:00-7:50a 1-207	TRX CANDI	6:15-7:30a 1-203	Hatha Yoga JOHN C.	8:00-8:50a 1-203	BollyX ARCHANA
7:00-7:50a 1-207	Body Combat ARRON	8:00-8:50a 1-208	LaBlast SANDY	7:30-8:20a 1-207	Stretch & Restore AMAN	8:00-8:50a 1-207	HIIT/Strength & Cond. AMAN	7:00-7:50a Rooftop	BOOTCAMP KAREN	8:00-8:50a 1-207	CORE Conditioning LAAM
8:30-9:20a 1-203	Total Body Pilates LAURA	9:00-9:50a 1-207	Deep Recovery/Roller New SANDY	7:30-8:20a 1-203	HIIT DIPIKA	8:00-8:50a 1-208	LaBlast AMY	8:00-8:50a 1-207	TONE ZONE ALEX	9:00-9:50a Cycle Studio	SPIN ANNE
8:30-9:20a 1-207	True Ballet Barre MARIA	9:15-10:30a 1-203	Power Yoga *** ELLEN	8:30-9:20a 1-203	Mat Pilates DIPIKA	9:00-9:50a Cycle Studio	CYCLE BEATS TIM	8:30-9:20a 1-203	True Ballet Barre MARIA	9:30-10:20a 1-207	POP Pilates LAAM
9:00-9:50a Cycle Studio	CYCLE BEATS CANDI	10:00-10:50a 1-207	TRX KARI	8:45-9:35a 1-208	Vinyasa Yoga SHERYL	9:00-9:50a 1-207	TABATA HIIT KAREN	9:00-10:15a 1-203	Traditional Yoga PADMINI	10:30-11:20a 1-203	U-Jam Fitness MARIANNE
9:30-10:20a 1-203	Yoga Basics RUTH	10:00-11:15a Rooftop	Drill & Play Pickleball PETE	9:00-9:50a 1-207	Legs, Bums, & Tums KAREN	9:15-10:30a 1-203	Power Yoga *** ELLEN	9:00-9:50a Cycle Studio	SPIN KAREN	10:30-11:45a 1-208	Resorative Yin Yoga *** AZIANA
10:00-10:50a Rooftop	TRX CANDI	11:00-11:50a Rooftop	Mat Pilates KARI	10:00-10:50a 1-203	Zumba Gold® LAURIE	10:00-10:50a 1-207	Deep Recovery/Roller SANDY	9:00-9:50a 1-207	Injury Recovery ALEX	11:00-12:15p Rooftop	Drill & Play Pickleball PETE
10:30-11:20a 1-207	Power Fitness JACOB	11:30-12:20p 1-203	Balance & Power STERLING	10:30-11:20a 1-207	Power Fitness JACOB	10:00-11:15a Rooftop	Drill & Play Pickleball PETE	10:00-10:50a 1-203	TONE ZONE HIIT ALEX	12:15-1:05p 1-207	TRX KENDRA
11:00-11:50a 1-203	ZUMBA® CANDI	12:00-12:50p Rooftop	TRX CANDI	11:00-11:50a 1-203	Yogalates *** LAURA	11:15-12:05p 1-203	Total Body Pilates LAURA	10:30-11:20a 1-207	Power Fitness JACOB	SUNDAY	
12:00-1:00p Pool	Aqua Fit LIAM	12:00-12:50p Pool	Aqua Strength & Fitness AMY	11:30-12:20p 1-207	Deep Recovery JACOB	12:00-12:50p Rooftop	TRX CANDI	11:00-11:50a 1-203	ZUMBA GOLD® VERONICA		
12:00-12:50p Rooftop	TRX CANDI	12:30-1:20p 1-203	Total Body Pilates LAURA	11:30-12:20p Rooftop	TRX HIIT JENNIFER	12:00-12:50p Pool	Aqua Strength & Fitness AMY	11:30-11:50a 1-207	Deep Recovery JACOB	9:00-10:15a 1-203	Yin Yang Yoga NANCY
4:00-4:50p 1-203	Advanced Yoga KIRSTEN	1:00-1:50p 1-207	Tone, HIIT, & Burn LINDA	12:00-1:00p Pool	Aqua Fit LIAM	12:15-1:15p 1-203	Cardio Dance QiGong JOHN C.	11:30-12:20p Rooftop	TRX HIIT JENNIFER	9:00-10:15a Rooftop	Drill & Play Pickleball PETE
5:00-5:50p Rooftop	Tabata HIIT KAREN	4:00-4:50p Rooftop	Power & Strength *** ALEX	1:00-1:50p 1-207	Injury Recovery ALEX	12:35-1:25p 1-207	Balance & Power STERLING	12:00-12:50p Pool	Aqua Fit LIAM	9:30-10:20a Cycle Studio	SPIN ANNE
5:00-5:50p 1-207	TRX CANDI	4:30-5:20p 1-208	Mat Pilates DIPIKA	4:00-4:50p 1-207	Mat Pilates JADE	4:00-5:00p 1-203	SteroFlux RYAN	12:30-1:20p 1-203	Total Body Pilates LAURA	9:00-9:50a 1-208	Mat Pilates DIPIKA
5:30-6:20p Cycle Studio	SPIN KENDRA	5:00-5:50p Rooftop	Endurance & Strength*** ALEX	4:45-6:00p 1-208	Yoga Power Flow ELLEN	5:30-6:20p Cycle Studio	SPIN LINDA	4:50-5:50p 1-203	Advanced Yoga KIRSTEN	10:00-10:50a 1-207	Total Body TRX LINDA
5:30-6:20p 1-203	ZUMBA® VERONICA	5:00-5:50p 1-207	Power Fitness JACOB	5:00-5:50p 1-207	BARRE JADE	5:15-6:30p 1-181	All Levels Yoga *** RYAN	5:30-6:20p 1-203	DanceMix *** PHOEBE	10:30-11:45a 1-203	Healthy Back NANCY
6:00-6:50p 1-181	Gentle Yoga SHERYL	5:30-6:20p Cycle Studio	SPIN SCOTT	5:00-5:50p Rooftop	Endurance & Strength** ALEX	5:45-6:35p 1-207	Bodyweight Burn GREY	5:30-6:20p Cycle Studio	POWERCYCLE **New 7/18 ANNIKA	10:30-11:20a 1-208	HIIT-Strength/Cardio DIPIKA
6:30-7:20p 1-207	Circuit Training LINDA	6:00-6:50p 1-207	Stretch & Restore VY	5:30-6:20p Cycle Studio	CYCLE BEATS CANDI	6:05-6:55p Pool	Party in the Pool RED	6:30-7:20p 1-207	BEAST TRX KIRSTEN	11:00-11:50a 1-207	BollyX THARINY
6:30-7:20p 1-203	DanceMix YUKO	6:05-6:55p Pool	Party in the Pool RED	6:30-7:20p 1-207	TRX CANDI	6:45-7:35p 1-207	Functional Stretch AMAN	6:30-7:20p 1-208	Vinaya Yoga YUKO	3:00-4:00p Pool	Party in the Pool RED
		7:00-7:50p 1-207	Yoga Flow VY			6:45-7:35p 1-181	ZUMBA® 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 - cabrera@smccd.edu