



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 1-207	Tabata HIIT KAREN	6:00-6:50a 1-203	Boomer Bootcamp TOMMY	6:00-6:50a 1-203	SPIN KAREN Cycle Studio	6:00-6:50a 1-207	Strength & Endurance KAREN Rooftop	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	7:00-7:50a 1-207	TRX CANDI	6:00-6:50a 1-203	Bootcamp TOMMY	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 THARINY
8:30-9:20a 1-203	Total Body Pilates LAURA	8:00-8:50a 1-207	ToneZone ALEX	7:00-7:50a 1-207	POWER BASE BRENDA	8:00-8:50a 1-207	HIIT/Strength Cardio DIPIKA	7:10-8:00a Rooftop	BOOTCAMP KAREN	8:30-9:20a 1-207	CORE Conditioning LAAM
8:30-9:20a 1-207	True Ballet Barre MARIA	8:15-9:05a Cycle Studio	POWER CYCLE **New ANNIKA	8:00-8:50a 1-203	HIIT DIPIKA	8:00-8:50a 1-208	LaBlast AMY	7:00-7:50a 1-207	POWER BASE BRENDA	9:00-9:50a Cycle Studio	SPIN ANNE
9:00-9:50a Cycle Studio	CYCLE BEATS CANDI	8:00-8:50a 1-208	LaBlast SANDY	9:00-9:50a 1-203	Mat Pilates DIPIKA	9:00-9:50a Cycle Studio	CYCLE BEATS TIM	8:00-8:50a 1-207	TONEZONE ALEX	9:30-10:20a 1-207	POP Pilates LAAM
9:30-10:20a 1-203	Yoga Basics RUTH	9:00-9:50a 1-207	Deep Recovery/Roller SANDY	9:00-9:50a 1-208	Vinyasa Yoga SHERYL	9:00-9:50a 1-207	TABATA HIIT KAREN	8:30-9:30a 1-203	True Ballet Barre MARIA	10:30-11:20a 1-207	U-Jam Fitness MARIANNE
9:30-10:20a 1-207	Mobility Lab NATE	9:15-10:30a 1-208	Power Yoga ELLEN	9:00-9:50a 1-207	Legs, Bums, & Tums KAREN	9:15-10:30a 1-208	Power Yoga ELLEN	9:00-10:15a 1-208	Traditional Yoga PADMINI	10:30-11:45a 1-208	Resorative Yin Yoga AZIANA
10:00-10:50a 1-207	TRX CANDI	10:00-10:50a 1-207	TRX KARI	10:00-10:50a 1-207	TRX+ JOCELYN	10:00-10:50a 1-207	Deep Recovery/Roller SANDY	9:00-9:50a Cycle Studio	SPIN KAREN	11:00-12:15p Rooftop	Drill & Play Pickleball PETE
11:30-12:30p 1-207	Power Fitness JACOB	9:45-11:00a Rooftop	Drill & Play Pickleball PETE	10:00-10:50a 1-203	Zumba Gold® LAURIE	9:45-11:00a Rooftop	Drill & Play Pickleball PETE	9:00-9:50a 1-207	Injury Recovery ALEX	12:15-1:05p 1-207	TRX KENDRA
11:00-11:50a 1-203	ZUMBA® CANDI	11:00-11:50a Rooftop	Mat Pilates KARI	11:00-11:50a 1-203	Yogalates LAURA	11:30-12:20p 1-203	Total Body Pilates LAURA	10:00-10:50a 1-203	TONE ZONE HIIT ALEX	SUNDAY	
12:00-1:00p Pool	Aqua Fit LIAM	11:30-12:20p 1-203	Balance & Power STERLING	11:30-12:20p 1-207	Power Fitness JACOB	12:00-12:50p Rooftop	TRX CANDI	10:00-10:50a 1-207	POWER SCULPT ELISHA	7:00-7:50a 1-203	Functional Strength AMAN
12:00-12:50p Rooftop	TRX CANDI	12:00-12:50p Rooftop	TRX CANDI	11:30-12:20p Rooftop	TRX JENNIFER	12:00-12:50p Pool	Aqua Zumba® SANDRA C.	11:00-11:50a 1-203	ZUMBA GOLD® VERONICA	8:15-9:05a Cycle Studio	POWER CYCLE **New ANNIKA
12:45-2:00p 1-203	Qi Gong BEN	12:00-12:50p Pool	Aqua Strength & Fitness AMY	12:00-1:00p Rooftop	Aqua Fit LIAM	12:30-1:20p 1-203	ZUMBA® LESLIE	11:30-12:20p 1-207	Power Fitness JACOB	9:00-10:15a 1-203	Yin Yang Yoga NANCY
4:00-4:50p 1-203	Advanced Yoga KIRSTEN	12:30-1:20p 1-203	Total Body Pilates LAURA	1:00-1:50p 1-207	HIIT SANDRA T.	12:35-1:25p 1-207	Balance & Power STERLING	11:30-12:20p Rooftop	TRX JENNIFER	9:00-10:15a Rooftop	Drill & Play Pickleball PETE
4:45-5:35p 1-208	BodyCombat AARON	1:00-1:50p 1-207	Tone, HIIT, & Burn LINDA	4:00-4:50p 1-207	Mat Pilates JADE	4:00-5:00p 1-203	stereoFlux RYAN	12:00-1:00p Pool	Aqua Fit LIAM	9:30-10:20a Cycle Studio	SPIN ANNE
5:00-5:50p 1-207	TRX LINDA	4:45-5:35p 1-208	U-Jam Fitness MARIANNE	4:30-5:45p 1-208	Yoga Power Flow ELLEN	5:15-6:30p 1-181	All Levels Yoga RYAN	12:30-1:20p 1-203	Total Body Pilates LAURA	8:45-9:35a 1-207	Mat Pilates DIPIKA
5:30-6:20p Cycle Studio	SPIN KENDRA	4:15-5:05p 1-203	HIIT-LATES (Low Impact) DIPIKA	5:00-5:50p 1-207	BARRE JADE	5:30-6:20p Cycle Studio	SPIN LINDA	4:45-5:45p 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	5:30-6:20p Cycle Studio	CYCLE BEATS CANDI	5:30-6:20p 1-207	Bodyweight Burn GREY	5:30-6:20p 1-208	ZUMBA® **New MARIA	10:30-11:45a 1-203	Healthy Back NANCY
6:00-6:50p 1-208	Gentle Yoga SHERYL	5:30-6:20p Cycle Studio	SPIN SCOTT	6:30-7:20p 1-207	TRX CANDI	6:05-6:55p Pool	Party in the Pool RED	5:30-6:20p Cycle Studio	SPIN ANNIKA	10:15-11:05a 1-208	HIIT-Strength/Cardio DIPIKA
6:00-6:50p 1-207	Circuit Training LINDA	6:00-6:50p 1-207	Stretch & Restore VY	6:30-7:20p 1-203	ZUMBA® AARON	6:45-7:35p 1-181	ZUMBA® SANDRA	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 1-208	Vinyasa Yoga TAISSIA	6:45-7:35p 1-207	Mat Pilates KATIE	6:30-7:20p 1-208	Vinyasa Yoga ELLEN	12:00-1:15p 1-203	Vinyassa Yoga TAISSIA
		7:00-7:50p 1-207	Yoga Flow VY							3:00-4:00p Pool	Party in the Pool RED

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

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