



# GROUP EXERCISE SCHEDULE



# MAY 2024

| MON  | TUES   | WED   | THUR   | FRI  | SAT  | SUN                          |
|--|--|---|--|--|--|------------------------------|
| 5:15am<br>Cycle<br>with Jose   | 8am<br>Zumba<br>with Angela  | 5:15am<br>Cycle<br>with Michelle                        | 8:30am<br>Cardio Toning<br>with Jacque           | 5:15am<br>Cycle<br>with Jeff/Michelle                                    | 7am<br>Yoga<br>with Monika                   | NO GROUP<br>EXERCISE CLASSES |
| 8:30am<br>Zumba<br>with Jacque   | 9:30am<br>Strength<br>Training<br>with Christa                                       | 8:30am<br>Strength/Cardio<br>with Jasmine               | 9am<br>Zumba Gold<br>with Siu <b>[Gym]</b>       | 8:30am<br>Zumba<br>with Jacque   | 8am<br>Cycle<br>with Guy                     |                              |
| 9am<br>SilverSneakers<br>Classic<br>with Cheri <b>[Gym]</b>                        | 10am<br>SilverSneakers<br>Classic<br>with Janique <b>[Gym]</b><br>[In-Person & Zoom] | 9:30am<br>Sprint 8<br>with Jasmine                      | 9:30am<br>Strength<br>Training<br>with Christa   | 9:30am<br>Sprint 8<br>with Jasmine                                       | 9:30am<br>Strength<br>Training<br>with Vicki |                              |
| 9:30am<br>Sprint 8<br>with Jasmine   | 11am<br>HIGHLow Fitness<br>with Elizabeth  | 10am<br>Spin<br>with Amy                                | 10am<br>Silver Soul<br>with Jasmine <b>[Gym]</b> | 10am<br>Yoga<br>with Monika  | 10:45am<br>Zumba<br>with Siu                 |                              |
| 10am<br>Spin<br>with Amy   | 12pm<br>SilverSneakers<br>Chair Yoga<br>with Cheri<br>[In-Person & Zoom]             | 10am<br>Silver Soul<br>with Jasmine <b>[Gym]</b>        | 10am<br>Silver Soul<br>with Jasmine <b>[Gym]</b> | 10am<br>Kids Flex<br>with Jordan<br><b>(Elementary school age) [Gym]</b> |  |                              |
| 10am<br>SilverSneakers<br>Classic<br>with Cheri <b>[Gym]</b><br>[In-Person & Zoom] | 11am<br>Chair Yoga<br>with Julie Kim   | 11am<br>Balance &<br>Motion<br>with Julie Kim           | 11am<br>HIGHLow Fitness<br>with Elizabeth        | 11am<br>Chair Yoga<br>with Julie Kim                                     |  |                              |
| 11am<br>Pilates<br>with Christine  | 12pm<br>Y Firm<br>with Melissa   | 12pm<br>Y Firm<br>with Melissa                          | 12pm<br>Pilates<br>with Christine                | 12pm<br>Y Firm<br>with Melissa   |  |                              |
| 12pm<br>Y Firm<br>with Melissa   | 6pm<br>Tabata HIIT<br>Conditioning<br>with Vicki                                     | 12pm<br>Y Firm<br>with Melissa                          | 6pm<br>Tabata HIIT<br>Conditioning<br>with Vicki |  |  |                              |
| 6pm<br>Cardio Mix<br>with Kristie  | 7pm<br>Yoga<br>with Kristie  | 5:30pm<br>Mixxed Fit<br>with Cheryl                     | 6pm<br>Tabata HIIT<br>Conditioning<br>with Vicki |  |  |                              |
| 6:30pm<br>Abs & Circuit<br>with Darryl <b>[Steelworks]</b>                         |  | 6:30pm<br>Abs & Spin<br>with Darryl <b>[Steelworks]</b> | 7pm<br>Yoga<br>with Kristie                      |  |  |                              |

**Pool GroupEx**

Mon/Wed - Water Fitness @ 5:30p  
with Monika [Main Pool]

Tue/Th - Water Fitness @ 8:30a & 9:30a  
with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11a  
with Janique [Therapy Pool]

PowerSwim @ 5:30p  
with Josh [Lap Lanes]

Aqua Zumba @ 6p  
with Janessa [Therapy Pool]

Fridays - Water Fitness @ 8:30a  
with Janique [Main Pool]

**Please note:** Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted.