



GROUP EXERCISE SCHEDULE

(Effective February 4, 2018)

*Must be Full Club Member or Warrior Punch card to attend
WARRIOR BOOTCAMP or **WARRIOR "EXPRESS"**.



Denotes New Class.

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|--|--|---|---|--------------------------------------|
| 5:30am | | Cycle Express (45 min. w/Pat) | | Cycle Express (45 min. w/Pat) | | |
| 5:30am | WARRIOR BOOTCAMP (60 min. w/Alec) | Bootcamp 101 (60 min. w/Val) | WARRIOR BOOTCAMP (60 min. w/Eric) | Bootcamp 101 (60 min. w/Val) | WARRIOR BOOTCAMP (60 min. w/Eric) | |
| 6:30am | | Synrgy 360 (30 min. w/Eric) | | Synrgy 360 (30 min. w/Eric) | | |
| 8:30am | WARRIOR BOOTCAMP (60 min. w/Jake) | Cycle Express (45 min. w/Cindy) | WARRIOR BOOTCAMP (60 min. w/Jake) | Cycle Express (45 min. w/Courtney) | WARRIOR BOOTCAMP (60 min. w/Jake) | WARRIOR BOOTCAMP (60 min.) |
| 8:30am | Strength & Resistance (45 min. w/Kathy) | | TRX + CARDIO FUSION (60 min. w/Cindy) | 1st & 3rd Thursday TRX (45 min. w/Kathy) | Strength & Resistance (45 min. w/Kenzi) | |
| 8:30am | | | | 2nd & 4th Thursday Kickboxing (45 min. w/Kathy) | | |
| 9:00am | | Cardio Tennis (tennis fees apply) | | | Cardio Tennis (tennis fees apply) | ZUMBA (60 min.) |
| 9:00am | | | | | | Cardio Tennis (tennis fees apply) |
| 9:30am | SENIOR FITNESS *Beginner level. Open to all ages. (60 min. w/Eric) | Yoga (60 min. w/Lydia) | SENIOR FITNESS *Beginner level. Open to all ages. (60 min. w/Cindy) | Yoga (60 min. w/Lydia) | | |
| 12:00pm | | WARRIOR "EXPRESS" (40 min. class w/Eric) | | WARRIOR "EXPRESS" (40 min. w/Courtney) | | |
| 3:15pm | WARRIOR BOOTCAMP (60 min. w/Eric) | | WARRIOR BOOTCAMP (60 min. w/Eric) | | | |
| 4:30pm | WARRIOR BOOTCAMP (60 min. w/Alec) | | WARRIOR BOOTCAMP (60 min. w/Alec) | | | |
| 5:00pm | | ZUMBA (60 min. w/Brenda) | | ZUMBA (60 min. w/Mindy) | WARRIOR BOOTCAMP (60 min. w/Eric) | |
| 5:30pm | Kickboxing (45 min. w/Breanna) | ★ MUSCLE PUMP (50 min. w/Kenzi) | Kickboxing (45 min. w/Breanna) | ★ MUSCLE PUMP (50 min. w/Kenzi) | | |
| 6:00pm | | Cardio Tennis (tennis fees apply) | | | | |
| 6:00pm | WARRIOR BOOTCAMP (60 min. w/Alec) | TRX EXPRESS (30 w/Courtney) | WARRIOR BOOTCAMP (60 min. w/Alec) | KETTLEBELL EXPRESS (30 min. w/Alec) | | |
| 6:15pm | YOGA/Core (60 min. w/Cassie) | | YOGA/Core (60 min. w/Cassie) | | | |
| 6:30pm | | Cycle (60 min. w/Erica) | | Cycle (60 min. w/Kenzi) | | |