



# GROUP EXERCISE SCHEDULE

(Effective April 9, 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	<b>WARRIOR BOOTCAMP</b> (60 min. w/Alec)	Bootcamp 101 (60 min. w/Val)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Eric)	Bootcamp 101 (60 min. w/Val)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Eric)	
6:30am		<b>Synrgy 360</b> (30 min. w/Eric)		<b>Synrgy 360</b> (30 min. w/Eric)		
8:30am	<b>WARRIOR BOOTCAMP</b> (60 min. w/Jake)	Cycle Express (45 min. w/Cindy)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Jake)	Cycle Express (45 min. w/Courtney)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Jake)	<b>WARRIOR BOOTCAMP</b> (60 min.)
8:30am	<b>Strength &amp; Resistance</b> (45 min. w/Kathy)		<b>TRX + CARDIO FUSION</b> (60 min. w/Cindy)	★ <b>HIIT</b> (High Intensity Interval Training) (45 min. w/Kathy)	<b>Strength &amp; Resistance</b> (45 min. w/Kenzi)	
9:00am		Cardio Tennis (tennis fees apply)			Cardio Tennis (tennis fees apply)	<b>ZUMBA</b> (60 min.)
9:00am						Cardio Tennis (tennis fees apply)
9:30am	<b>SENIOR FITNESS</b> *Beginner level. Open to all ages. (60 min. w/Eric)	Yoga (60 min. w/Lydia)	<b>SENIOR FITNESS</b> *Beginner level. Open to all ages. (60 min. w/Cindy)	Yoga (60 min. w/Lydia)		
12:00pm		<b>WARRIOR "EXPRESS"</b> (40 min. class w/Eric)		<b>WARRIOR "EXPRESS"</b> (40 min. w/Courtney)		
3:15pm	<b>WARRIOR BOOTCAMP</b> (60 min. w/Eric)		<b>WARRIOR BOOTCAMP</b> (60 min. w/Eric)			
4:30pm	<b>WARRIOR BOOTCAMP</b> (60 min. w/Alec)		<b>WARRIOR BOOTCAMP</b> (60 min. w/Alec)			
5:00pm		<b>ZUMBA</b> (60 min. w/Brenda)		<b>ZUMBA</b> (60 min. w/Mindy)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Eric)	
5:30pm	<b>Kickboxing</b> (45 min. w/Breanna)	<b>MUSCLE PUMP</b> (50 min. w/Kenzi)	<b>Kickboxing</b> (45 min. w/Breanna)	<b>MUSCLE PUMP</b> (50 min. w/Kenzi)		
6:00pm		Cardio Tennis (tennis fees apply)				
6:00pm	<b>WARRIOR BOOTCAMP</b> (60 min. w/Alec)	★ <b>HIIT</b> (High Intensity Interval Training) (30 w/Courtney)	<b>WARRIOR BOOTCAMP</b> (60 min. w/Alec)	<b>KETTLEBELL EXPRESS</b> (30 min. w/Alec)		
6:15pm	<b>YOGA/Core</b> (60 min. w/Cassie)		<b>YOGA/Core</b> (60 min. w/Cassie)			
6:30pm		<b>Cycle</b> (60 min. w/Erica)		<b>Cycle</b> (60 min. w/Kenzi)		