



Group Exercise Schedule

Effective Date: June 11, 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-7:00a Studio CYCLE SS		6:00-7:00a Studio CYCLE SS		6:00-7:00a Studio CYCLE SS		6:00-7:00a Studio CYCLE SS		6:00-7:00a Studio CYCLE SS		8:00-9:00a BOSU CIRCUIT S2	
6:00-6:50a Reformer Found S1	\$	6:00-7:00a Cardio Sculpt S2		7:00-8:00a Hatha Yoga S2 •		6:00-7:00a Cardio Sculpt S2		8:30-9:30a Total Body Blast S2		8:00-9:00a CYCLE Beats SS	
7:00-8:00a Hatha Yoga S2 •		6:00-6:50a Reformer Elite S1	\$	8:30-9:30a Total Body Conc S2		6:00-6:50a Pilates Apparatu S1	\$	9:00-10:00a Aqua Fitness Pool •		9:00-10:00a Aqua Fitness Pool •	
8:30-9:30a Total Body Conc S2		7:00-8:00a BARRE Fusion S2		9:00-10:00a U-JAM S3		7:00-8:00a BARRE Fusion S2		9:00-10:00a U-JAM S3		9:00-10:00a Mat Pilates S2	
8:30-9:30a Core BLAST S3		8:15-9:15a Cardio Blast S2		9:30-10:30a Studio CYCLE SS		8:15-9:15a Cardio Blast S2		9:30-10:30a Studio CYCLE SS		9:00-9:50a Pilates Apparatu S1	\$
9:30-10:30a Studio CYCLE SS		9:30-10:30a Mat Pilates S3		9:30-10:30a Kick & Sculpt S2		9:30-10:30a Mat Pilates S3		9:30-10:30a Gentle Yoga S2 •		9:00-10:00a H.I.I.T. Sculpt S3	
9:30-10:30 H.I.I.T. Sculpt S3		9:30-10:20a Reformer Found S1	\$	9:30-10:20a Apparatus Found S1	\$	9:30-10:20a Pilates Total Boc S1	\$	10:30-11:30a H.I.I.T. S2		10:00-10:50a Pilates Reformer S1	\$
9:30-10:30a BARRE Burn S2		9:30-10:30a Zumba S2		10:00-11:00a Ballet Sculpt S3		9:30-10:30a Zumba S2		10:30-11:20a Pilates Apparatu S1	\$	10:00-11:00a Zumba S2	
9:30-10:20a Pilates Total Boc S1	\$	10:30-11:30a Hatha Yoga S2		10:30-11:30a Aqua Fitness Pool •	NEW	10:30-11:30a Restorative Yoga S2 •		11:30-12:30a Gentle Cond. S2		10:00-11:00a Total Body Blast S3	NEW
10:30-11:30a Aqua Fitness Pool •	NEW	10:30-11:30a Gentle Cond S3		10:30-11:30a Mat Pilates S2		11:30-12:30a BARRE Burn S2		11:30-12:30a Pilates Sculpt S3		11:00-12:30a Vinyasa Yoga S2	
10:30-11:30a Yogilates S2		11:30-12:30a Stable & Strong S3 •		11:00-12:00a Vinyasa Yoga S3		11:30-12:30a Stable & Strong S3 •		4:00-4:50p Adv. Apparatus S1	\$	12:30-1:00p Meditation S2 •	
10:30-11:20a Pilates Reformer S1	\$	11:30-12:30a BARRE Burn S2		11:30-12:30a Gentle Cond S2		5:00-6:00p Yoga Flow S3		5:00-6:00p POUND S2		SUNDAY	
11:00-12:00a Vinyasa Yoga S3		5:00-6:00p Yoga Flow S3		12:30-1:20p Reformer Found. S1	\$	5:30-6:30p Total Body Cond S2		6:00-7:00p La Blast S2		8:00-9:00a Mat Pilates S2	
11:30-12:30a Gentle Cond. S2		5:30-6:30p Zumba S2	NEW	5:00-6:00p BARRE Sculpt S2		6:00-6:50p Pilates Apparatu S1	\$	LEGEND		8:00-9:00a Aqua Fitness Pool •	
5:00-5:50p Total Body Conc S2		6:00-6:50p Pilates Total Boc S1	\$	6:00-7:00p Hatha Yoga S3	NEW	6:00-7:00p CYCLE/Sculpt SS/S3		S1-Studio 1	SS-Spin Studio	9:00-10:00a Studio CYCLE SS	
5:00-5:50p Pilates Reformer S1	\$	6:00-7:00p Studio CYCLE SS		6:00-7:00p U-JAM S2		6:30-7:30p Zumba S2		S2-Studio 2	Pool	9:00-10:00a U-JAM S2	
6:00-7:00p U-JAM S3		6:30-7:30p Aqua Fitness Pool •		6:00-7:00p BootCamp Blast Pool Deck		6:30-7:30p Aqua Fitness Pool •		S3-Studio 3	FF-Fitness Floor	10:00-11:00a POUND S3	
6:00-7:00p Kickboxing S2		6:30-7:30p Cardio Sculpt S2		6:00-7:00p Studio CYCLE SS		7:30-8:30p Core Fusion S2		e-based. To register go to: groupExercise@smccd.edu		10:00-11:00a Total Body Blast S2	
6:00-7:00p Studio CYCLE SS		7:30-8:30p Mat Pilates S2		7:00-8:00p Total Body Cond S2				STRENGTH		11:00-12:00a Power Yoga S2	
6:00-7:00p BootCamp Blast Pool Deck		7:30-8:30p Turbo Kickbox S3		7:00-7:30p Meditation S3 •	NEW			CARDIO			
Hatha Yoga S2								MIND-BODY			
								AQUA			

• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury