



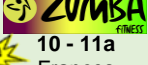

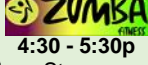

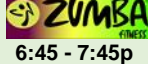


Group Exercise Schedule

April 1st – June 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cycle & Sculpt 6 - 7a Lydia Studio 1	Yoga 5:30 - 6:30a Katie Studio 2	Body Sculpt 6 - 7a Karey Studio 2	Aqua Bootcamp 6 - 7a Emily Lap Pool	Friday Surprise! 6 - 7a Karey Studio 2/Gym	Cycling 9 - 10a Lydia/Glynis Studio 1	Body Sculpt 9:45 - 10:45a Dena Gym
Gentle Stretch & Strength 8 - 8:45a Karey/Natalie Studio 2	HIIT 6 - 7a Chase Gym	Gentle Stretch & Strength 8 - 8:45a Paul Studio 2	Aqua Yoga 9 - 10a Marianne/Ann Warm Water	Gentle Stretch & Strength 8 - 8:45a Ann Studio 2	 9 - 10a **2nd Sat/Month Studio 2 (Wendy)**	Chair Yoga 9:45 - 10:45a Marianne/Treva/ Terri Studio 2
Gentle Aqua Fit 8 - 8:45a Paul Warm Water	Gentle Aqua Fit 9 - 9:45a Dawn Warm Water	Gentle Aqua Fit 9 - 9:45a Ann Warm Water	 & Sculpt (Karey) 9:15 - 10:15a	Gentle Aqua Fit 9 - 9:45a Joann Warm Water	 9 - 10a **4th Sat/Month (Elizabeth)**	Vinyasa Yoga 11a - 12p Marianne/Treva/ Terri Studio 2
Gentle Aqua Fit 9 - 9:45a Ann Warm Water	Aqua Fit 9 - 10a Karey Lap Pool	 9 - 9:50a Frances	Pilates Stretch 10:30 - 11:15a Karey Studio 2	Slow Flow Yoga & Meditation 9 - 10a Ann Studio 2	Boot Camp 9:15 - 10:15a Dena Gym	
Body Sculpt 9:15 - 10:15a Karey/Natalie Studio 2	HIIT 9:15 - 10:15a Tom Gym	AAA 9:15 - 10:15a Chase/Karey Studio 2/Gym	Chair Yoga 11:25a - 12:25p Marianne/Terri Studio 2	Friday Surprise! 9:15 - 10:15a Ashley C. Gym	Aqua Fit 10:30 - 11:15a Dena Lap Pool	
Tai Chi 10:30 - 11:30a Jeanne Studio 2	Beginners Strength 10:15 - 11:15a Dawn Studio 2	 10 - 11a Frances Studio 1	MetCon 4:25 - 5:25p Jill Studio 2/Gym	Gentle Aqua Fit 10:15-11a Ann Warm Water	Tai Chi 10:30 - 11:30a John Studio 2	
Kettlebell 4:30 - 5:30p Jill Studio 2	Body Sculpt Xpress 12:15 - 12:45p Paul Studio 2	Slow Flow & Restorative Yoga 11:05a - 12:05p Michelle Studio 2	Cycling 5:30 - 6:30p Stephanie Studio 1	Jin Shin Jyutsu 10:15 - 11:15a Jackie Studio 2		
Aqua Bootcamp 5:30 - 6:30p Emily Lap Pool	Body Sculpt 4:25 - 5:25p Dena Studio 2	Yoga Xpress 12:15 - 12:45p Michelle Studio 2	Aqua Bootcamp 5:30 - 6:30p Karey Lap Pool	 12:15-12:45 Karey		
Boot Camp 5:30 - 6:30p Phyllis Gym	Low & Go 5:35 - 6:35p Dena Studio 2	Gentle Aqua Fit 12:15 - 1p Paul Warm Water	Body Sculpt 5:35-6:35p Kristi/Karey Studio 2	Friday Surprise! 5:15 - 6p Sandy/Dena Gym/Studio 2		
Vinyasa Yoga 6 - 7p Deana Studio 2	Cycling 5:30 - 6:30p Emily Studio 1	 4:30 - 5:30p Stacey Studio 2	Power Yoga 6:45 - 7:45p Michelle Studio 2			
 HIIT Cycle Emily 6:45-7:15p Studio 1	 6:45 - 7:45p Wendy Studio 2	All Levels Vinyasa Flow Yoga 5:40 - 6:40p Maria Studio 2	HIIT 7 - 8p Ashley M. Gym			



Tri-Club

Thursday – 4:30-5:30p

Join Lydia to train as she helps prepare you for Triathlons. The training will include swimming, biking, and running.

Youth Performance Club

- Led by Chase for youth ages 11 - 14
- Participants will be provided with workouts based on their individual needs.
- The focus of this program will be on form & technique of the exercises being performed.
- Initial assessments and quarterly follow-ups are included with the program.

- Class passes are available 30 minutes prior to class start time. Please pick up a pass at the front desk to reserve your spot in class!
- Please support and attend your favorite classes! Classes with consistently low attendance are subject to removal from the schedule at any time.
- Look on the back for more details including class color key and class descriptions.

 =Designates a new class time!

 = Designates a New Class!

Keep Earning Group Exercise Rewards!

Attend classes to earn Sequoia Strong rewards points for Sequoia Bucks!
Stop at the front desk for more details!

HIIT
5:30 - 6:30p
Phyllis
Gym


HIIT Cycle
Lydia
6:45-7:15p
Studio 1

Restorative Yoga
6:50 - 7:50p
Michelle
Studio 2

Class Descriptions

Mind & Body

Chair Yoga: A great way to relax from head to toe without the stress of getting out of your chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

Gentle Flow & Restorative Yoga/Meditation: This class is beneficial for all ages and fitness levels. This class combines a gentle-flow yoga practice with a relaxing and restorative yoga integration at the end of the class.

Jin Shin Jyutsu: This class teaches the ancient Oriental art of healing which helps to balance and harmonize the body. Participants will learn various Jin Shin Jyutsu hand placements and focus on intentional breathing techniques to help facilitate the proper flow of energy in the body, relax tense muscles and reduce stress. * **Please bring a pillow and blanket with you to class.**

Pilates Stretch: This class combines traditional Pilates with a blend of functional stretching to help strengthen your core and enhance your flexibility.

Power Yoga: Power yoga is a high intensity class moving through an athletic, sweaty flow of both fundamental and challenging asanas designed to empower and energize while building strength, balance and flexibility.

Tai Chi: A graceful form of exercise that teaches a series of movements performed in a slow, focused manner, accompanied by deep breathing.

Vinyasa Yoga: This class offers an equal challenge of endurance, flexibility and strength, all while linking the body movement with breath as you flow between poses.

Muscular Strength & Endurance

AAA: A strength based class with a focus on training arms, abs, and... you can guess the rest!

Body Sculpt: A strength-based class mixed with cardio variations that will help you to define your muscles and sculpt your body! Core Sculpt emphasizes movements from the core. This class format challenges muscular strength and endurance for a workout that will not disappoint.

Boot Camp: A class that will get your blood pumping and your energy rising! This class incorporates drills designed to enhance agility, speed, power, and strength.

Friday Surprise: Anything goes in this class, making it the perfect end to a busy week! Various formats such as tabata, HIIT, MetCon, and more will be used. Join us in this class for a great surprise workout before you start your weekend!

HIIT: (High Intensity Interval Training): A type of cardio and muscular endurance training in which you alternate working intensity and interval times. HIIT training not only helps athletic performance, but also improves the ability of the muscles to burn fat.

Kettlebell: This class will teach you the basics of kettlebell movements and progress you through various workouts and techniques using kettlebells for this popular and effective form of exercise.

MetCon: Metabolic conditioning is a method of training that uses the AMRAP method (as many reps as possible). This class will push the body to new limits for a metabolic burn that will last far beyond class.

Cardio

Cardio Blast: This cardio-based class provides a mix-up of various cardio formats, such as tabata, high and low intensity cardio drills, step combinations, core work, and more for a total body workout with a cardio twist.

Cycling: A cycling class delivering cardio challenges with hill climbs, jumps, and flats at varying speeds and resistance for all participant levels.

HIIT Cycle: High intensity interval training on the bike! This workout is quick and will produce fast results for whatever type of fitness goals you may have!

SPRINT & Sculpt: Les Mills SPRINT cycling with 30 minutes of strength training combined!

Tri Club: Whether you love to run, swim, bike, or you are training for an event, you are encouraged to attend! These club classes provide education, technique, and performance improvement for all levels!



Zumba Fitness - A Latin inspired dance-fitness class that incorporates international and pop music creating a dynamic, exciting, fun, and effective workout.



NEW to Sequoia, SPRINT, is HIIT training on the bike! Get ready for a workout that is quick, and will produce results for whatever type of fitness goals you might have!

Low Impact

Beginners Strength: A class format designed to combine strength development and cardiovascular conditioning for those beginning their fitness journey or those who are seeking a less intense strength training class.

Gentle Stretch and Strength: A gentle format fit for the active senior population, which encompasses stretching and strength. Chair options are available.

Low & Go: A low-impact cardio class that is perfect for anyone, especially those who are looking for a fun, motivating workout without high intensity.

Aquatics

Aqua Boot Camp: This class is our most intense Aqua class! Get ready for a challenging water workout that utilizes components of speed, cardiovascular endurance, muscular endurance and strength.

Aqua Fit: A higher intensity aqua class that combines segments of cardio and strength training. Aqua Fit uses intervals that will push your limits.

Gentle Aqua Fit: Designed from our Aqua Fusion Class, but with a more "gentle" approach. This class will help you improve strength and cardiovascular endurance while having fun! Get fit with this 45-minute water workout.

Aqua Yoga: This class is a unique mind/body aqua class to help you stretch and get your zen!



Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

Quarter 2 2019 Kidz in Motion

Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday
Kidz Strength/Jump Rope 5:30-6:30p Ezra/Brian Studio 1	Kidz Gym Games 5:30-6:30p Seán Gym Side A	Kidz Boot Camp 5:30-6p Brian Studio 1	Kidz Gym Games 5:30-6:30p Seán Gym Side A

**Kids classes are for ages 6-13 years only. Descriptions for classes can be found online*

**Kids who wish to participate in classes will be escorted from the Kidz room to class by a staff member*

**Classes may be held outside (weather permitting) so please dress appropriately*

Kidz Supervised Open Activities

Monday	
Sports Performance Techniques	
5-7p	Kids will participate in drills including speed, agility, and other sports performance techniques!
Wednesday	
Kidz Open Rock Wall	
5-7p	Kids will climb the rock wall and learn climbing techniques. Open gym/outdoor activities will also be available to keep them moving and having fun!

Tuesday/Thursday	
Sports Games	
5-7p Tues. 5-7pm Thurs.	Kids will participate in sports oriented activities and games including dodgeball, baseball, basketball and more!

**Kids supervised times are for ages 6-13 years only.*

**Kids who wish to participate in scheduled activities will be escorted from the Kidz room to class by a staff member*

**Activities may be held outside (weather permitting) so please dress appropriately*

**Supervised times are held during the specified hours and are subject to change based on facility needs*

Kidz in Motion Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9:30a-12p
4-8p	4-8p	4-8p	4-8p	4-7p		

***Kidz in Motion morning gym/outdoor activities take place between 9:30-11:30a**

*** Kidz in Motion evening gym/outdoor activities take place between 4:30-6:30p**

**Kidz in Motion child watch room is open for ages 6 month to 13 years old*

**Activities for kids may be held during designated times above depending on facility needs, availability of space, and staffing*

**Activities during designated times may be held outside (weather permitting) so please dress appropriately*



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B
Open 5-9:30a	Open 5a-5:30p	Open 5-6a		Open 5-9:15a	Open 5a-5:30p	Open 5-9:15a	Open 5-11:30a	Open 5-6a	Open 5-6a				
		HIIT 6-7a						Friday Surprise 6-7a					
		Open 7-9:15a	Open 7-9:15a	HIIT 9:15-10:15a				Open 7-9:15a	Open 7-9:15a	Open 7-9:15a	Open 7-9:15a		
Kidz in Motion 9:30-11:30a	Open 5a-5:30p	Kidz in Motion 10:15-11:30a	Open 10:15-11:30a	Kidz in Motion 9:15-10:15a	Open 5a-5:30p	Kidz in Motion 9:15-11:30a	Open 5a-5:30p	Kidz in Motion 9:15-11:30a	Open 7a-6:30p	Boot Camp 9:15-10:15a		Open 9-9:45a	Open 9-9:45a
Open 11:30a-4:30p		Open 11:30a-4:30p	Pickle Ball 11:30a-1:30p	Pickle Ball 11:30a-1:30p		Pickle Ball 11:30a-1:30p		Pickle Ball 11:30a-1:30p		Kidz in Motion 10:15-11:30a	Body Sculpt 9:45-10:45a	Kidz in Motion 9:45-10:45a	
			Open 11:30a-4:30p	Open 1:30-5:30p		Open 1:30-4:30p		Open 11:30-4:30p		Open 1:30-4:30p	Open 11:30a-4:30p	Open 7a-6:30p	Open 10:15a-7p
Kidz in Motion 4:30-5:30p	Kidz in Motion 4:30-7p	Kidz in Motion 4:30-5:30p			Kidz in Motion 4:30-5:30p		MetCon 4:30-5:30p		Kidz in Motion 4:30-7p				
Open 6:45-10p	Kidz in Motion 6:30-8p	First Step 7-8p	Kidz in Motion 6:30-8p	Kidz in Motion 6:30-8p	Open 6:30-10p	First Step 7-8p	HIIT 7-8p	Student Basketball 6:30-8:30					
	Open 8-10p	Student Volleyball 8-10p		Member Open Futsal 8-10		Student Volleyball 8-10p		Open 8:30-9p	Open 8:30-9p				

* The Warm Pool is closed during Group Exercise classes

Warm Water Therapy Pool






Lap Pool

Warm Water Therapy Pool							Lap Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5-8a	Open 5-9a	Open 5-9a	Open 5-9a	Open 5-9a	Open 7-9a	Unavailable	Open 5a-5:30p	Open 5-9a	Open 5-9a	Open 5-6a	Open	Open 7-10:25a	Unavailable
Gentle Aqua Fusion 8-8:45a													
Gentle Aqua Fusion 9-9:45a	Gentle Aqua Fusion 9-9:45a	Gentle Aqua Fusion 9-9:45a	Gentle Aqua Fusion 9-10a	Gentle Aqua Fusion 9-9:45a	Learn to Swim 9-11:45a	Open 9a-4:30p		Aqua Fit 9-10a	Aqua Zumba 9-9:50a				
Physical Therapy 10a-2p	Open 9:45a-2p	Open 9:45a-12:15p	Physical Therapy 10a-2p	Gentle Aqua Fusion 10:15-11a								Open 7a-9:30p	
		Gentle Aqua Fusion 12:15-1p		Open 11a-12p	Physical Therapy 12a-3p							Open 11:15a-12p	
Open 2-5:15p	Physical Therapy 2-6:30p	Open 1-5:15p	Open 2-4p	Physical Therapy 4-6p	Open 11:45a-6:30p	Open 9a-4:30p		Open 10a-9:30p	Open 10a-7:30p		Open 5a-8:30p		
Learn to Swim 5:15-7:15p		Learn to Swim 5:15-7:15p	Open 3-8:30p										
Learn to Swim 5:15-7:15p		Learn to Swim 5:15-7:15p	Physical Therapy 4-6p	Open 3-8:30p			Aqua Boot Camp 5:30-6:30			Aqua Boot Camp 5:30-6:30			
Open 7:15-9:30	Open 6:30-9:30p	Open 7:15-9:30	Open 6-9:30p				Open 6:30-7:30p						
							Learn to Swim 7:30-8p		Learn to Swim 7:30-8p				
							Open 8-9:30		Open 8-9:30				
										Open 6:30-9:30p			

* Kids under the age of 14 must be accompanied by an adult.

* The Warm Pool is closed during Group Exercise classes

Schedule Key

 Kidz	 Open	 Group Exercise Class	 Unavailable	 Open During Lessons
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