
































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 6 - 7a Ashley M. Gym	Yoga 5:30 - 6:30a Katie Studio 2	 LES MILLS BODYPUMP 6 - 7a (Vici) Gym	Aqua Bootcamp 6 - 7a Emily Lap Pool	 LES MILLS GRIT 6 - 6:30a (Ashley) Studio 2/Gym	 LES MILLS sprint 9 - 9:30a (Lydia) (bi-weekly rotation)	 LES MILLS BODYPUMP 9:15 - 10:15a Gym (Jeremy)
Gentle Stretch & Strength 8 - 8:45a Karey Studio 2	 LES MILLS GRIT 6 - 6:30a Jeremy Gym	Gentle Stretch & Strength 8 - 8:45a Paul Studio 2	 LES MILLS sprint & Sculpt (Lydia) 6 - 7a	Gentle Stretch & Strength 8 - 8:45a Natalie Studio 2	Cycling 9 - 10a Glynis Studio 1 (bi-weekly rotation)	Chair Yoga 9:45 - 10:45a 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 Ashley/Paul Warm Water	Aqua Yoga 9 - 10a Ann Warm Water	Gentle Aqua Fit 9 - 9:45a Joann Warm Water	 ZUMBA 9 - 10a (Wendy) (2nd Sat/Mo)	Vinyasa Yoga 11a - 12p Treva/Terri Studio 2
Gentle Aqua Fit 9 - 9:45a Ann Warm Water	 LES MILLS GRIT 9:15 - 9:45a (Karey) Gym	 ZUMBA 9 - 9:50a Frances	 LES MILLS sprint & Sculpt (Karey) 9:15 - 10:15a	Yoga/Meditation 9 - 10a Ann Studio 2	 ZUMBA 9 - 10a (Elizabeth) (4th Sat/Mo)	
 Aqua Fit 9 - 10a Paul Lap Pool	Beginners Strength 10:15 - 11:15a Dawn Studio 2	 Boot Camp 9:30 - 10:30a Tom/Paul. Gym	Pilates Stretch 10:30 - 11:15a Karey Studio 2	Aqua Fit 9 - 10a Ashley M. Lap Pool	Boot Camp 9:15 - 10:15a Dena Gym	
 LES MILLS BODYPUMP 9:15 - 10:15a Karey Gym	 LES MILLS sprint 12:15 - 12:45p Karey Studio 1	 ZUMBA 10 - 11a Frances Studio 1	Chair Yoga 11:25a - 12:25p Terri Studio 2	Friday Surprise! 9:15 - 10:15a Natalie Gym	Aqua Fit 10:30 - 11:15a Dena Lap Pool	
Tai Chi 10:30 - 11:30a Jeanne Studio 2	  LES MILLS BODYPUMP 4:30 - 5:30p Karey Gym	Restorative Yoga 11:05a - 12:05p Michelle Studio 2	Boot Camp XPress 12:15 - 12:45p Paul Studio 1/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	 Low & Go 5:30 - 6:30p Dena Studio 2	Yoga Xpress 12:15 - 12:45p Michelle Studio 2	 Kettlebell 4:30 - 5:30p Jill Studio 2	Jin Shin Jyutsu 10:15 - 11:15a Jackie Studio 2		
Aqua Bootcamp 5:30 - 6:30p Emily Lap Pool	Cycling 5:30 - 6:30p Emily Studio 1	Gentle Aqua Fit 12:15 - 1p Paul Warm Water	  LES MILLS GRIT 4:30 - 5p Ashley Gym	Friday Surprise! 5:15 - 6p Sandy/Dena Studio 2/Gym		
 LES MILLS GRIT 5:30 - 6p Jeremy Gym	 ZUMBA 6:45 - 7:45p Wendy Studio 2	 ZUMBA 4:30 - 5:30p Stacey Studio 2	Cycling 5:30 - 6:30p Stephanie Studio 1			
Vinyasa Yoga 6 - 7p Deana Studio 2		 LES MILLS sprint 4:30 - 5p Lydia Studio 1	 Aqua Bootcamp 5:30 - 6:30p Ashley M. Lap Pool			
 LES MILLS BODYPUMP 6:15 - 7:15p Jeremy Gym		Vinyasa Yoga 5:40 - 6:40p Iris/Cathy Studio 2	 LES MILLS BODYPUMP 5:30 - 6:30p Kristi Gym			
		Boot Camp 5:30 - 6:30p Phyllis Gym	Power Yoga 6:45 - 7:45p Michelle Studio 2			
		 LES MILLS sprint 5:30 - 6p (Emily) Studio 1				
		Restorative Yoga 6:50 - 7:50p Michelle Studio 2				

 = Designates a New Class!

 = Designates a new class time!

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.

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.

Slow 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

 is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total **body** workout. It will burn up to 540 calories**


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!

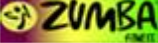
Kettlebell: This class will teach you the basics of kettlebell movements and progress you through various workouts and techniques using kettlebells for this popular and effective form of exercise.

Cardio

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

 is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

 is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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

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: A high intensity class that is full of fun and energizing activities designed to help you reach your fitness goals now! Class combines various movements to help improve cardiovascular endurance, core strength, and muscle tone. Capitalizing on the unique buoyancy and resistance from the water, participants can also work on improving flexibility and balance, while targeting countless muscle groups. This class provides a total-body workout. Swimming skills are not necessary but recommended.

Aqua Fit: A low impact but moderate to high intensity water aerobics class where no swimming skills are needed. This class is designed to improve cardiovascular endurance, flexibility, muscle tone, range of motion, and strength while using the resistance of the water to cushion the feet, knees and back.

Gentle Aqua Fit: Water's buoyancy supports 60% to 90% of body weight thus making exercising in the water easier and enables increase range of motion and balance. This class is low impact and focuses on strengthening, toning, and stretching, while working on your full range of motion.

Aqua Yoga: The class is a unique combination of moves to help you stretch, increase your flexibility, and find 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.

Keep Earning Group Exercise Rewards!

Attend classes to earn Sequoia Strong rewards points for Sequoia Bucks!

Stop at the front desk for more details!



Quarter 4 2019 Kidz in Motion Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday
Kidz Cardio 5:30-6:30p Kenzie Studio 1	Kidz Team Games 5:30-6:30p Seán Gym Side A	Kidz Strategy 5:30-6:30p Seán Studio 1	Kidz Cardio 5:30-6:30p Ezra 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	9a-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*



Quarter 4- Gymnasium Schedule

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 5-6a	Open 5-6a	Open 5-6a		Open 5-6a	Open 5-6a	Open 5-9:15a	Open 5-11:30a	Open 5-6a	Open 5-6a				
Bootcamp 6-7a		GRIT 6-6:30a		BodyPump 6-7a				GRIT 6-6:30a					
Open 7-9:30a	Open 7-9:15a	Open 6:45-9:15a	Open 6:45-9:15a	Open 7-9:15a	Open 7-9:15a	Kidz in Motion 9:15-10:15a	Kidz in Motion 9:15-11:30a	Open 6:45-9:15a	Open 6:45-9:15a	Open 7-9:15a	Open 7-9:15a		
		BODYPUMP 9:15-10:15a	GRIT 9:15-9:45a					Bootcamp 9:15-10:15a	Kidz in Motion 9:15-11:30a	Friday Surprise 9:15-10:15a	Boot Camp 9:15-10:15a		
Kidz in Motion 9:30-11:30a	Open 10:15a-5:30p	Kidz in Motion 10:15-11:30a	Open 10-11:30a	Kidz in Motion 9:15-10:15a	Open 10:15a-5:30p	Kidz in Motion 9:15-11:30a	Kidz in Motion 9:15-11:30a	Open 11:30a-4:30p	Open 10:15a-5:15p	Kidz in Motion 10:15-11:30a	Open 10:15a-7p	Open 10:15-10:45a	Kidz in Motion 9:45-10:45a
Open 11:30a-4:30p		Open 11:30a-12:15p	Open 12:45-4:30p	Open 1:30-4:25p		Pickle Ball 11:30a-1:30p				Pickle Ball 11:30a-1:30p		Pickle Ball 11:30a-1:30p	Pickle Ball 11:30a-1:30p
		Bootcamp Xpress 12:15-12:45p			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 4:30-5:30p	GRIT 5:30-6p	Kidz in Motion 4:30-7p	BODYPUMP 4:25-5:25p	Kidz in Motion 4:30-5:30p	Open 6:30-8p	GRIT 4:30-5p	Kidz in Motion 4:30-5:30p	Kidz in Motion 4:30-6:30p	Friday Surprise 5:15-6p				
			Kidz in Motion 4:30-7p	Kidz Boot Camp 5:30-6:30		Bootcamp 5:30-6:30p	Kidz Games 5:30-6:30p	BODYPUMP 5:30-6:30p					
BODYPUMP 6:15-7:15p	Kidz in Motion 6:30-8p	First Step 7-8p	Kidz in Motion 6:30-8p	Kidz in Motion 6:30-8p	Open 6:30-8p	First Step 7-8p	Open 6:30-8p	Student Basketball 6:30-8:30					
Open 7:15-10p	Open 8-10p	Student Volleyball 8-10p		Member Open Futsal 8-10		Student Volleyball 8-10p				Open 8:30-9p	Open 8:30-9p		

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

 Kidz
 Open
 Group Exercise Class
 Unavailable

Quarter 4- Warm Water & Lap Pool Schedule

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 9am-7pm	Open 9a-4:30p	Open 5-9a	Open 5a-9:30p	Open 5-9a	Open 5-6a	Open 5-9a	Open 7-10:30a	Open 9-4:30a
Gentle Aqua Fit 8-8:45a													
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Aqua Yoga 9-10a	Gentle Aqua Fit 9-9:45a	Learn to Swim 9-11:45a	Open 9a-4:30p	Aqua Fit 9-10a	Open 5a-9:30p	Aqua Zumba 9-9:50a		Aqua Fit 9-10a	Aqua Zumba 9-10a (4th Sat/Mo)	
Physical Therapy 10a-2p	Open 9:45a-2p	Open 9:45a-12:15p	Physical Therapy 10a-2p	Gentle Aqua Fit 10:15-11a						SAW Program 10a-12p	Open 5a-9:30p	Open 10a-7:15p	SAW Program 10a-12p
		Gentle Aqua Fit 12:15-1p			Open 11a-12p								
Open 2-5p	Physical Therapy 2-6:30p	Open 1-5p	Open 2-4p	Physical Therapy 12-3p	Open 11:45-6:30p	Open 9a-4:30p	Open 12-5:30p	Open 5a-9:30p	Open 10a-7:15p	Open 12-5:30p	Open 10a-8:30p	Learn to Swim 12-1:15p	Open 1:15-6:30p
				Physical Therapy 4-6p									
Learn to Swim 5-7:15p		Learn to Swim 5-7:15p		Open 3-8:30p			Aqua Boot Camp 5:30-6:30			Aqua Boot Camp 5:30-6:30			
							Open 6:30-7:15p						
							Learn to Swim 7:15-7:45p		Learn to Swim 7:15-7:45p		Open 6:30-9:30p		
Open 7:15-9:30p	Open 6:30-9:30p	Open 7:15-9:30p	Open 6-9:30p				Open 7:45-9:30		Open 7:45-9:30				

* 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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