

Group Exercise Schedule



January 1st – January 31st

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|--|--|
| 6 - 6:45a BodyCombat Karey | 6 - 6:30a GRIT Jeremy | 6 - 6:45a BodyPump Karey | 6 - 6:30a Sprint Emily | 6 - 6:30a CXWorx Jeremy | 8 - 8:45a BodyStep Emily | 9:15 - 10a BodyPump Jeremy |
| 8 - 8:45a Gentle Stretch & Strength Paul | 9 - 9:30a CXWorx Jeremy | 8 - 8:45a Gentle Aqua Fit Paul | 9 - 9:45a BodyPump Jeremy | 9 - 9:45a Gentle Aqua Fit Joann | 9 - 9:45a Zumba Wendy/S2 (1 st Sat/Mo) | 10:15 - 11a BodyCombat Jeremy |
| 9 - 9:45a Gentle Aqua Fit Joann | 9 - 9:45a Gentle Aqua Fit Dawn | 9 - 9:45a Low & Go Paul/S2 | 4:30 - 5:15p BodyStep Jeremy | 9 - 9:45a BodyStep Jeremy | 9:15 - 9:45a Sprint Katti/Stephanie | |
| 9 - 9:45a BodyPump Karey | 10:15 - 11a Low & Go Dawn/S2 | 9 - 9:45a BodyCombat Karey | 5:30 - 6:15p BodyPump Kristi | | 9:30 - 10:15a Aqua Zumba Elizabeth (3 rd Saturday/mo) | |
| 10:30 - 11:15a Tai Chi Jeanne/S2 | 5 - 5:30p Sprint Emily | 10:15 - 11a Restorative Yoga Michelle/S2 | 6:15 - 7p Power Yoga Michelle/S2 | | 10 - 10:45a Boot Camp Dena | |
| 5:30 - 6p GRIT Jeremy | 5:30 - 6:15p Low & Go Dena/S2 | 12 - 12:45p Gentle Aqua Fit Paul | | | 10:45 - 11:30a Tai Chi John/S2 | |
| 5:30 - 6:15p Aqua Boot Camp Emily | 6:30 - 7:15p Zumba Wendy | 4:30 - 5:15p Kids Zumba Wendy | | | | |
| 6:15 - 7p BodyPump Jeremy | | 5:15 - 5:45p CXWorx Tonya | | | | |
| 6:15 - 7p Hatha Yoga Deana/S2 | | 6 - 6:45p BodyCombat Tonya | | | | |
| | | 6:15 - 7p Vinyasa Yoga Michelle/S2 | | | | |

Sequoia Strong Together

- Classes that take place in the studio are limited to 10 participants. Classes that take place in the gym and pool are limited to 16 participants.
- Please sign-up for classes at the front desk upon check-in to the facility.
- Classes are subject to change at any time and will run on a month-to-month basis.
- For class descriptions please visit our website or ask our staff members.
- For information on our virtual programming, please refer to our virtual programming schedule of classes and events.
- All classes are held in the gymnasium unless otherwise denoted, gentle aqua classes are held in the warm pool.
- **Color Key:** Black = Cardio Red = Strength/Endurance Grey = Mind/Body Yellow = Low Impact Blue = Aqua