

Group Exercise Schedule



October 1st – October 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7a BodyCombat Karey	6 - 6:30a GRIT Jeremy	6 - 7a BodyPump Karey	6 - 6:30a Sprint Karey/Jeremy	6 - 6:30a Les Mills Core Jeremy	8 - 9a BodyStep Jeremy	9:15 - 10:15a BodyPump Jeremy
7:45 - 8:30a Gentle Stretch & Strength Terri/S2	9 - 9:30a Les Mills Core Jeremy	8 - 8:45a Gentle Stretch & Strength Maureen/S2	9 - 10a BodyPump Jeremy	8 - 8:45a Gentle Aqua Fit Joann	9 - 9:45a Boot Camp Dena/S2	9:15 - 10:15a Chair Yoga Terri/Joann/S2
8 - 8:45a Gentle Aqua Fit Joann	9 - 9:45a Gentle Aqua Fit Dawn	9 - 9:45a Gentle Aqua Fit Ann	8 - 8:45a Gentle Stretch & Strength Terri/S2	9 - 9:45a Gentle Aqua Fit Joann	9:15 - 9:45a Sprint Katti/Stephanie	10:30 - 11:30a BodyCombat Jeremy
9 - 9:45a Gentle Aqua Fit Joann	9:45 - 10:15a Sprint Katti	9:15 - 10:15a BodyCombat Karey	9 - 9:45a Aqua Chi Flow Jeanne	9 - 10a BodyStep Jeremy	10:45 - 11:30a Tai Chi John/S2	10:30 - 11:30a Vinyasa Yoga Terri/Joann/S2
9:15 - 10:15a BodyPump Karey	10 - 10:45a Gentle Aqua Fit Joan	10 - 10:45a Aqua Yoga Ann	9 - 9:45a Yoga Terri/S2	10 - 10:45a Gentle Aqua Fit Ann		
10:30 - 11:30a Tai Chi Jeanne/S2	10:15 - 11a Low & Go Dawn/S2	10:15 - 11:15a Restorative Yoga Michelle/S2	10 - 10:45a Pilates Karey/Maureen/S2			
4:30 - 5:15p Kettlebell Shawn/S2	4:30 - 5p Sprint Katti	4:30 - 5:15p Zumba Stacey	11 - 12p Chair Yoga Terri/S2			
5:30 - 6:30p Aqua Boot Camp Joann/Lap Pool	5:30 - 6:15p Low & Go Dena/S2	4:30 - 5:15p Kids Zumba Wendy/S2	4:30 - 5:15p BodyStep Jeremy			
5:30 - 6p Grit Jeremy	6:30 - 7:30p Zumba Wendy/S2	5:30 - 6:15p BodyCombat Tonya	5:30 - 6:30p Aqua Boot Camp Joann/Lap Pool			
6:15 - 7:15p BodyPump Jeremy		6:15 - 7:15p Vinyasa Yoga Michelle/S2	5:30 - 6:15p BodyPump Kristi			
6:15 - 7:15p Hatha Yoga Deana/S2		6:30 - 7:30p Les Mills Core Tonya	6:30 - 7:30p Power Yoga Michelle/S2			

- 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.
- 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

Sequoia Strong Together

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 5-6a	Open 5-6a	Open 5-6a	Open 5-6a	Open 5-6a						
BODYCOMBAT 6-7a		GRIT 6-6:30a		BODYPUMP 6-7a		SPRINT 6-6:30a		Les Mills CORE 6-6:30a							
Open 7-9a	Open 7-9a	Open 6:30-9a	Open 6:30-9a	Open 7-9a	Open 7-9a	Open 6:30-9a	Open 6:30-9a	Open 6:30-9a	Open 6:30-9a	Open 7-8a	Open 7-8a				
BODYPUMP 9-10a		Les Mills CORE 9-9:30a		BODYCOMBAT 9-10a		BODYPUMP 9-10a		BODYSTEP 9-10a		BODYSTEP 8-9a					
Open 10a-5:30p	Open 10a-5:30p	SPRINT 9:45-10:15a		Open 10a-4:30p	Open 10a-4:30p	Open 10-11a	Open 10-11a	Open 10a-9p	Open 10a-9p	Open 9:45a-7p		Open 9:45a-7p		BODYCOMBAT 10:30-11:30a	
		Open 10:15-11a	Open 10:15-11a												
		Pickleball League 11a-1p				Pickleball League 11a-1p									
		Open 1-4:30p	Open 1-4:30p			Open 1-4:30p	Open 1-4:30p								
		SPRINT 4:30-5p				Zumba 4:30-5:15p								BODYSTEP 4:30-5:15p	
GRIT 5:30-6p		Open 5-8p	Open 5-8p	BODYCOMBAT 5:30-6:15p		BODYPUMP 5:30-6:30p									
BODYPUMP 6:15-7:15p				Les Mills CORE 6:30-7p		Open 6:30-8p	Open 6:30-8p								
Open 7:15-8p	Open 7:15-8p			Kung Fu 7-9p	Kung Fu 7-9p	Student Volleyball 8-10p	Student Volleyball 8-10p								
Student Basketball 8-10p	Student Basketball 8-10p	Student Volleyball 8-10p	Student Volleyball 8-10p	Open 9-10p	Open 9-10p	Student Volleyball 8-10p	Student Volleyball 8-10p								

Schedule Key

 Open

 Group Exercise Class

 Unavailable

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 5-8a	Open 7-9a							Open 7a-12p	
Gentle Aqua Fit 8-8:45a				Gentle Aqua Fit 8-8:45a								Aqua Zumba 9:30-10:15a (2nd Sat/Mo)	
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Aqua Chi Flow 9-9:45a	Gentle Aqua Fit 9-9:45a	Learn To Swim 9a-12p							Open 7a-12p	
Physical Therapy 10a-2p	Gentle Aqua Fit 10-10:45a	Aqua Yoga 10-10:45a	Physical Therapy 10a-2p	Gentle Aqua Fit 10-10:45a		Open 9a-4:30p	Open 5a-5:30p	Open 5a-8:30p	Open 5a-7p	Open 5a-5:30p	Open 5a-8:30p	Learn To Swim 12-1:30p	Open 9a-4:30p
Open 2-5p		Open 10:45a-5p			Open 12-6:30p								
Learn To Swim 5-7p	Open 10:45a-8:30p	Learn To Swim 5-7p	Open 2-9:30p	Open 10:45a-9:30p			Aqua Boot Camp 5:30-6:30p			Aqua Boot Camp 5:30-6:30p		Open 1:30-6:30p	
Open 7-9:30p		Open 9:30p					Open 6:30-7p		Learn To Swim 7-8:30p	Open 6:30-8:30p			
							Learn To Swim 7-8:30p						

*Family open times are for ages 13 and younger. Kids under the age of 14 must be accompanied by an adult.

**Adult open times are for ages 14 and older.

Schedule Key

 Open

 Group Exercise Class

 Unavailable