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| SDTRC Group Fitness |  |
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|          | MONDAY                                        | TUESDAY                                                   |                                                                             |                                           | WEDNESDAY                                | THURSDAY                               | FRIDAY                                     | SATURDAY | SUNDAY |                                                         |                                          |
|----------|-----------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------|------------------------------------------|----------------------------------------|--------------------------------------------|----------|--------|---------------------------------------------------------|------------------------------------------|
| 7:00 AM  | Total Body Sculpt w/<br>Paige 7-8am           |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 7:15 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 7:30 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 7:45 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 8:00 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 8:15 AM  | Pilates Bar Fusion<br>w/ Jen 8:30 - 9:20am    |                                                           |                                                                             |                                           |                                          |                                        | Pilates Bar Fusion w/<br>Jen 8:30 - 9:20am |          |        | Strength, Stretch,<br>Mobility w/ Shanna<br>8:30-9:30am | "Lift" Strength<br>w/ Serena 8:45-9:45am |
| 8:30 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 8:45 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 9:00 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 9:15 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 9:30 AM  |                                               | Strength, Stretch,<br>Mobility w/ Shanna<br>9 - 10am      |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 9:45 AM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 10:00 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 10:15 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 10:30 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 10:45 AM | Water<br>Aerobics<br>w/<br>Susanna<br>10-11am | Total Body<br>Strength<br>w/<br>MaryAnn<br>10-10:50a<br>m | Pilates<br>Semi<br>Private<br>w/ Chris<br>10-10:50am<br>Pre-Reg.<br>Req. \$ | Water Aerobics<br>w/ Susanna 10-11am      | Total Body Sculpt w/<br>Paige 9:45-10:45 | Happy Back Yoga<br>w/ Karen 10-11:15am |                                            |          |        |                                                         |                                          |
| 11:00 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 11:15 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 11:30 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 11:45 AM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 12:00 PM | Mat Pilates<br>w/ Chris 11:11:50am            |                                                           |                                                                             | Mat Pilates<br>w/ Carrie 11-11:50am       | Cardio Dance w/ Chloe<br>11am-12pm       |                                        |                                            |          |        |                                                         |                                          |
| 12:15 PM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 12:30 PM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 12:45 PM |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 1:00 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 1:15 PM  | Iyengar Yoga<br>w/ Dan 12-1pm                 |                                                           | Iyengar Yoga All Levels<br>w/ Lisa 12-1pm                                   |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 1:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 1:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 2:00 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 2:15 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 2:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 2:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 3:00 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 3:15 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 3:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 3:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 4:00 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 4:15 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 4:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 4:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 5:00 PM  | "Lift" Strength<br>w/ Serena 4:30-5:15pm      |                                                           | Happy Back Yoga<br>w/ Karen 4:30-5:45pm                                     | "Lift" Strength<br>w/ Serena 4:30-5:15pm  |                                          |                                        |                                            |          |        |                                                         |                                          |
| 5:15 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 5:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 5:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 6:00 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 6:15 PM  | Strength & Endurance w/<br>Michelle 6-7pm     |                                                           |                                                                             | Strength & Endurance w/<br>Michelle 6-7pm |                                          |                                        |                                            |          |        |                                                         |                                          |
| 6:30 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |
| 6:45 PM  |                                               |                                                           |                                                                             |                                           |                                          |                                        |                                            |          |        |                                                         |                                          |