

Group Exercise Schedule



September 1st – September 30th

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	8:15 – 9a Zumba Wendy (2 nd Sat/Mo)	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 Friday Surprise Natalie/S2	9:15 – 9:45a Sprint Emily	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	5:30 - 6:15p BodyPump Kristi	5:30 - 6p Sprint Jeremy	9:30 -10:15a Boot Camp Dena/S2	
9 - 9:45a BodyPump Karey	10:15 - 11a Low & Go Dawn/S2	9 - 9:45a BodyCombat Karey	6:15 - 7p Power Yoga Michelle/S2		9:30 - 10:15a Aqua Zumba Elizabeth (4 th Sat/Mo)	
10:30 - 11:15a Tai Chi Jeanne/S2	5 - 5:30p Sprint Emily	10:15 - 11a Restorative Yoga Michelle/S2			10:45 - 11:30a Tai Chi John/S2	
5 :30 - 6p GRIT Jeremy	5:30 - 6:15p Low & Go Dena/S2	12 - 12:45p Gentle Aqua Fit Paul				
5:30 - 6:15p Aqua Boot Camp Emily	6:30 - 7:15p Zumba Wendy	5:15 - 5:45p CXWorx Tonya/S2				
6:15 - 7p BodyPump Jeremy		6 - 6:45p BodyCombat Tonya				
6:15 - 7p Hatha Yoga Deana/S2		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.
- Please do not get out or put away equipment. A staff member will put equipment out prior to class and sanitize equipment after class.
- For information on our virtual programming, please refer to our virtual programming schedule of classes and events, soon to come.
- New to this schedule are Les Mills BODYCOMBAT (MMA/Kickboxing) and CXWORX (Core)! Enjoy!
- 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

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
BODYCOMBAT 6-6:45a		GRIT 6-6:30a		BODYPUMP 6-6:45a		SPRINT 6-6:30a		CXWORX 6-6:30a					
BODYPUMP 9-9:45a		CXWORX 9-9:30a		BODYCOMBAT 9-9:45a		BODYPUMP 9-9:45a		Friday Surprise 9-9:45a					
													BODYCOMBAT 10:15-11a
GRIT 5:30-6p		SPRINT 5-5:30p						BODYPUMP 5:30-6:15p		SPRINT 5:30-6p			
BODYPUMP 6:30-7:15p				BODYCOMBAT 6-6:45p									

 Unavailable

 Group Exercise Class

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 5-9a	Open 5-9a	Open 5a-12p	Open 5-10a	Open 5-8:30p	Open 9a-6:30p	Open 9a-1:30p	Open 5a-5:30p	Open 5a-8:30p	Open 5a-8:30p	Open 5a-8:30p	Open 5a-8:30p	Open 10:15a-6:30p	Open 9-1:30a
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a												
Physical Therapy 10a-2p	Open 9:45a-8:30p	Gentle Aqua Fit 12-12:45p	Physical Therapy 10a-2p										
Open 2-8:30p			Open 2-8:30p	Open 2-8:30p									
		Open 2-8:30p											
							Aqua Boot Camp 5:30-6:15p						

*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
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