

Group Exercise Schedule



November 1st – November 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	9 - 9:45a Zumba Wendy/S2 (1 st 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	8 - 8:45a Gentle Aqua Fit Jenn (1 st Friday/mo)	9:15 - 9:45a Sprint Katti/Stephanie	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	9:30 - 10:15a Aqua Zumba Elizabeth (2 nd Saturday/mo)	
9 - 9:45a BodyPump Karey	10:15 - 11a Low & Go Dawn/S2	9 - 9:45a BodyCombat Karey	5:30 - 6:15p BodyPump Kristi	4:30 - 5p Sprint Stephanie	10 - 10:45a Boot Camp Dena	
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	5:30 - 6:15p BodyCombat Emily	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				
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.
- 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