

Group Exercise Schedule



May 1st – May 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 Les Mills Core Jeremy	8 - 8:45a BodyStep Emily	9:15 - 10a BodyPump Jeremy
8 - 8:45a Gentle Stretch & Strength Paul/S2	9 - 9:30a Les Mills Core 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
8 - 8:45a Gentle Aqua Fit Joann	9 - 9:45a Gentle Aqua Fit Dawn	9 - 9:45a Low & Go Paul/S2	9 - 9:45a Yoga Terri/S2	9 - 9:45a BodyStep Jeremy	9 - 9:45a Kids Zumba Wendy/S2 (3 rd Sat/Mo)	
9 - 9:45a Gentle Aqua Fit Joann	9:45 - 10:15a Sprint Katti	9 - 9:45a BodyCombat Karey	10 - 10:45a Pilates Karey/S2	10 - 10:45a Gentle Aqua Fit Joann	9:15 - 9:45a Sprint Katti/Stephanie	
9 - 9:45a BodyPump Karey	10 - 10:45a Gentle Aqua Fit Emily	10:15 - 11a Restorative Yoga Michelle/S2	11 - 11:45a Chair Yoga Terri/S2	10:15 - 11a Jin Shin Jyutsu Jacke/S2	9:30 - 10:15a Aqua Zumba Elizabeth (2 nd Saturday/mo)	
10:30 - 11:15a Tai Chi Jeanne/S2	10:15 - 11a Low & Go Dawn/S2	11:45 - 12:30p Gentle Aqua Fit Paul	4:30 - 5:15p BodyStep Jeremy	4:30 - 5:15p BodyCombat Emily	10 - 10:45a Boot Camp Dena	
4:30 - 5:15p Kettlebell Shawn/S2	4:30 - 5p Sprint Emily	4:30 - 5:15p Zumba Stacey	5:30 - 6:15p BodyPump Kristi		10:45 - 11:30a Tai Chi John/S2	
5 :30 - 6p GRIT Jeremy	5:30 - 6:15p Low & Go Dena/S2	4:30 - 5:15p Kids Zumba Wendy/S2	6:30 - 7:15p Power Yoga Michelle/S2			
5:30 - 6:15p Aqua Boot Camp Emily	6:30 - 7:15p Zumba Wendy/S2	5:30 - 6:15p BodyCombat Tonya				
6:15 - 7p BodyPump Jeremy		6:30 - 7p Les Mills Core 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

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		Les Mills CORE 6-6:30a					
										BODYSTEP 8-8:45a			
BODYPUMP 9-9:45a		Les Mills CORE 9-9:30a		BODYCOMBAT 9-9:45a		BODYPUMP 9-9:45a		BODYSTEP 9-9:45a		SPRINT 9:15-9:45a		BODYPUMP 9:15-10a	
		SPRINT 9:45-10:15ap										BODYCOMBAT 10:15-11a	
		Pickleball League 11:15a-1p				Pickleball League 11:15a-1p							
				Zumba 4:30-5:15p		BODYSTEP 4:30-5:15p		BODYCOMBAT 4:30-5:15p					
GRIT 5:30-6p		SPRINT 5-5:30p		BODYCOMBAT 5:30-6:15p		BODYPUMP 5:30-6:15p							
BODYPUMP 6:30-7:15p				Les Mills CORE 6:30-7p									

 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 5-8a	Open 5-9a	Open 5-8a	Open 5-10a	Open 5-9a	Open 7-9a							Open 7a-12p	
Gentle Aqua Fit 8-8:45a		Gentle Aqua Fit 8-8:45a		Gentle Aqua Fit 9-9:45a	Learn To Swim 9a-12p							Aqua Zumba 9:30-10:15a (3rd Sat/Mo)	
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Open 8:45-11:45a	Physical Therapy 10a-2p	Gentle Aqua Fit 10-10:45a			Open 5a-5:30p		Open 5a-7p	Open 5a-8:30p	Open 5a-8:30p	Open 7a-12p	Open 9a-4:30p
Physical Therapy 10a-2p		Gentle Aqua Fit 11:45a-12:30p	Physical Therapy 10a-2p			Open 9a-4:30p		Open 5a-8:30p		Open 5a-8:30p		Learn To Swim 12-1:30p	Open 9a-4:30p
Open 2-5p		Open 12:30-5p		Open 10:45a-8:30p	Open 12-6:30p							Open 1:30-6:30p	
Learn To Swim 5-7p		Learn To Swim 5-7p	Open 2-8:30p				Aqua Boot Camp 5:30-6:15p						
Open 7-8:30p		Open 7-8:30p					Open 6:15-7p						
							Learn To Swim 7-8:30p		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
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