

Group Exercise Schedule



July 1st – July 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 Emily	6 - 6:30a Les Mills Core Jeremy	8 - 9a BodyStep Emily	9:15 - 10:15a 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 - 10a BodyPump Jeremy	8 - 8:45a Gentle Aqua Fit Joann	9 - 9:45a Boot Camp Dena/S2/Outside	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 Low & Go Paul/S2	9 - 9:45a Yoga Terri/S2	9 - 9:45a Gentle Aqua Fit Joann	9:15 - 9:45a Sprint Katti/Stephanie	
9 - 9:45a Gentle Aqua Fit Joann	9:45 - 10:15a Sprint Katti	9 - 10a BodyCombat Karey	10 - 10:45a Pilates Karey/S2	9 - 9:45a BodyStep Jeremy	9:30 - 10:15a Aqua Zumba Elizabeth (2 nd Saturday/mo)	
9 - 10a BodyPump Karey	10 - 10:45a Gentle Aqua Fit Emily	10:15 - 11:15a Restorative Yoga Michelle/S2	11 - 12p Chair Yoga Terri/S2	10 - 10:45a Gentle Aqua Fit Ann	10 - 10:45a Family Zumba!! Wendy/S2 (3 rd Sat/Mo)	
10:30 - 11:30a 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	10:15 - 11a Jin Shin Jyutsu Jacke/S2	10:45 - 11:30a Tai Chi John/S2	
4:30 - 5:15p Kettlebell Shawn/S2	4:30 - 5p Sprint Emily	4:30 - 5:15p Zumba Stacey	5:30 - 6:30p Aqua Boot Camp Emily/Lap Pool			
5 :30 - 6p GRIT Jeremy	5:30 - 6:15p Low & Go Dena/S2	4:30 - 5:15p Kids Zumba Wendy/S2	5:30 - 6:15p BodyPump Kristi			
5:30 - 6:30p Aqua Boot Camp Emily/Lap Pool	6:30 - 7:15p Zumba Wendy/S2	5:30 - 6:15p BodyCombat Tonya	6:30 - 7:30p Power Yoga Michelle/S2			
6:15 - 7:15p BodyPump Jeremy		6:30 - 7p Les Mills Core Tonya				
6:15 - 7:15p Hatha Yoga Deana/S2		6:15 - 7:15p 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 21 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.
- 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

Gymnasium Schedule

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

Open

Group Exercise Class

Warm Water & Lap Pool Schedule

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 5-8a	Open 7-9a		Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-9:30p	Open 7a-12p	
Gentle Aqua Fit 8-8:45a		Gentle Aqua Fit 8-8:45a		Gentle Aqua Fit 8-8:45a	Gentle Aqua Fit 8-8:45a							Learn To Swim 9a-12p	
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Open 8:45-11:45a	Physical Therapy 10a-2p	Gentle Aqua Fit 9-9:45a	Open 12-6:30p	Open 9a-4:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-9:30p		Open 7a-12p
Physical Therapy 10a-2p	Gentle Aqua Fit 10-10:45a			Gentle Aqua Fit 11:45a-12:30p								Gentle Aqua Fit 10-10:45a	Open 10:45a-9:30p
	Open 2-5p	Open 11a-9:30p	Open 12:30-5p	Open 2-9:30p	Open 12-6:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-9:30p	Open 5a-9:30p	Open 1:30-6:30p	
Learn To Swim 5-7p	Learn To Swim 5-7p		Open 7-9:30p										Open 2-9:30p
Open 7-9:30p	Open 7-9:30p	Open 7-9:30p		Open 2-9:30p	Open 12-6:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-5:30p	Open 5a-9:30p	Open 5a-9:30p	Open 1:30-6:30p	
							Aqua Boot Camp 5:30-6:30p	Swim Clinic 5:30-6:30p	Swim Clinic 5:30-6:30p	Aqua Boot Camp 5:30-6:30p			
							Open 6:30-9:30p	Open 6:30-9:30p	Open 6:30-9:30p	Open 6:30-9:30p			

*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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