


























# Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:20am	 <b>BODYPUMP</b>		 <b>BODYPUMP</b>				
	7:30am	BODY BLAST 45 Minutes Heather	YOGA 1 Maggi	YOGA All Levels Toni	YOGA 1 Gloriann	BODY BLAST 45 Minutes Alison	 <b>BODYPUMP</b>	
	8:00am					<b>7:15-8:15am</b>		
	8:30am	YOGA Toni	 <b>LES MILLS BODYATTACK</b>		 <b>LES MILLS BODYATTACK</b>	YOGA 2 Summer	YOGA 2 Toni	
	9:00am			PILATES MAT Judy				
	9:30am		 <b>BODYPUMP</b>		 <b>BODYPUMP</b>			
	9:45am	BODY  VIVE.		BODY  VIVE.		BODY  VIVE.	 <b>LES MILLS BODYATTACK</b>	
	11:00am	STABLE & STRONG Merry	ARTHRITIS TAI CHI Shown	STABLE & STRONG Heather	ARTHRITIS TAI CHI Shown	STABLE & STRONG Judy Dunn		
	4:30pm	BODY  VIVE.	AB BLAST Andrea	BODY  VIVE.	AB BLAST Emily			
	5:00pm		 <b>LES MILLS BODYATTACK</b>		 <b>LES MILLS BODYATTACK</b>			
	5:30pm	 <b>BODYPUMP</b>		 <b>BODYPUMP</b>		 <b>BODYPUMP</b>		
	6:00pm		 <b>BODYPUMP</b>		 <b>BODYPUMP</b>			
7:00pm	YOGA 1 Marcy	TAI CHI Dave	YOGA 2 Janeen	TAI CHI Dave				
8:00pm				FENCING Ron				

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:30am	AQUA CIRCUIT* Becka	AQUA POWER Doreen	CARDIO INTERVAL Heather	 <b>water motion</b>	NOODLE MANIA Judy		
	9:30am	 <b>water motion</b>	WATER WALKING Doreen	 <b>water motion</b>	WATER WALKING Stacy	 <b>water motion</b>	AQUA COMBO Darlene	
	10:45am	A-A-A Judy	WATER WALKING Doreen	A-A-A Judy	WATER WALKING Stacy	NOODLE MANIA Judy	<b>9-10:00am</b>	
	12:00pm	AQUA Rx Judy		AQUA Rx Judy				
	4:30pm		AQUA COMBO Stacy		AQUA COMBO Becka			
6:15pm	CARDIO INTERVAL* Andrea	NOODLE MANIA Darlene	 <b>water motion</b>	AQUA POWER Darlene				