


























Del Norte Group Exercise Schedule

Group Exercise Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20am	 BODYPUMP Kelsey		 BODYPUMP Deanna				
7:30am	BODY BLAST 45 Minutes Alison	YOGA 1 Maggi	YOGA All Levels Toni	YOGA 1 Glo	BODY BLAST 45 Minutes Alison	 BODYPUMP Marcy	
8:00am						7:15-8:15am	
8:30am	YOGA Judy	 BODYATTACK 45 Minutes Alison		 BODYATTACK 45 Minutes Alison	YOGA 2 Linda	YOGA 2 Toni	
9:00am			PILATES MAT Judy				
9:30am		 BODYPUMP Alison		 BODYPUMP Kelsey			
9:45am	 BODY VIVE Heidi		 BODY VIVE Alison		 BODY VIVE Becka	BOOTCAMP Staff 9:45-10:45	
11:00am	STABLE & STRONG Merry	TAI CHI Showen	STABLE & STRONG Alison	TAI CHI Showen	STABLE & STRONG Becka	TAI CHI SHOWEN	
4:15pm	 BODY VIVE 45 Minutes Alison		 BODY VIVE 45 Minutes Becka				
4:30pm							
5:00pm	 BODYPUMP 45 minutes Alison	AB BLAST Jamie	 BODYPUMP Marcy	AB BLAST Jamie			
5:30pm		HIIT Annie		 GRIT SERIES Taryn	 BODYPUMP Alison		
6:00pm	 BODYATTACK 45 Minutes Taryn	 BODYPUMP Annie	 BODYATTACK 45 Minutes Alison	 COMBAT Taryn			
6:45pm	YOGA 1 Maureen		YOGA 2 Marcy				
7:00pm		TAI CHI Dave		TAI CHI Dave			
8:00pm			FENCING Ron				

Aquatic Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	AQUA CIRCUIT* Kelsey	AQUA POWER Doreen	CARDIO INTERVAL Kelsey	 water motion Becka	NOODLE MANIA Darlene		
9:30am	 water motion Becka	WATER WALKING Doreen	 water motion Heidi	WATER WALKING Stacy	 water motion Staff	AQUA COMBO Darlene	
10:45am	A-A-A Judy	WATER WALKING Alison	A-A-A Judy	WATER WALKING Stacy	NOODLE MANIA Staff	9-10:00am	
12:00pm	AQUA Rx Judy		AQUA Rx Judy				
6:15pm	CARDIO INTERVAL* Annie	NOODLE MANIA Darlene	 water motion Heidi	AQUA POWER Darlene			