

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 9-10:00am	
	10:45am	A-A-A Judy	WATER WALKING Alison	A-A-A Judy	WATER WALKING Stacy	NOODLE MANIA Staff		
	12:00pm	AQUA Rx Judy		AQUA Rx Judy				
6:15pm	CARDIO INTERVAL* Annie	NOODLE MANIA Darlene	water motion Heidi	AQUA POWER Darlene				