

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 Alison		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 45 minutes Taylor	AB BLAST Jamie			
5:30pm		HIIT Annie		HIIT Jamie	BODYPUMP Marcy		
6:00pm	BODYATTACK 45 Minutes Taryn	BODYPUMP Annie	BODYATTACK 45 Minutes Alison	COMBAT Erin			
6:45pm	YOGA 1 Maureen		YOGA 2 Marcy				
7:00pm		TAI CHI Dave		TAI CHI Dave			

Aquatic Fitness

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