












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 Deanna 7:15-8:15am	
	8:00am							
	8:30am	YOGA Cori	 BODYATTACK 45 Minutes Alison		 BODYATTACK 45 Minutes Alison	YOGA 2 Linda	YOGA 2 Toni	
	9:00am			PILATES MAT Nina				
	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 Jamie		HIIT Jamie	 BODYPUMP Erin			
6:00pm	 BODYATTACK 45 Minutes Taryn	 BODYPUMP Annie	 BODYATTACK 45 Minutes Alison	 COMBAT Erin				
6:45pm	YOGA 1 Maureen		YOGA 2 Staff					
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 Kelsey	NOODLE MANIA Darlene		
	9:30am	 water motion Becka	WATER WALKING Doreen	 water motion Becka	WATER WALKING Stacy	 water motion Clarissa	AQUA COMBO Darlene 9-10:00am	
	10:45am	A-A-A Laura	WATER WALKING Alison	A-A-A Laura	WATER WALKING Stacy	NOODLE MANIA Clarissa		
	12:00pm	AQUA Rx Annie		AQUA Rx Annie				
6:15pm	CARDIO INTERVAL* Annie	NOODLE MANIA Darlene	 water motion Clarissa	AQUA POWER Darlene				