

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 Jenny	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 Toni	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 Shownen	STABLE & STRONG Alison	TAI CHI Shownen	STABLE & STRONG Becka	TAI CHI Shownen	
	4:15pm	tone 45 Minutes Becka		tone 45 Minutes Alison				
4:30pm								
5:00pm	BODYPUMP 45 Minutes Alison	AB BLAST Jamie	BODYPUMP 45 Minutes Taylor	AB BLAST Deanna				
5:30pm		HIIT Jamie		HIIT Deanna	BODYPUMP Marcy			
6:00pm	BodyAttack/Combat 45 minutes Taryn	BODYPUMP Annie	BodyAttack/Combat 45 minutes Ray	BODYPUMP Erin				
6:45pm	YOGA 1 Maureen		YOGA 2 Christine					
7:00pm				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 Laura		AQUA Rx Laura				
6:15pm	CARDIO INTERVAL* Annie	NOODLE MANIA Darlene	water motion Clarissa	AQUA POWER Darlene				