




















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	
8:00am						7:15-8:15am	
8:30am	YOGA Cori	 LES MILLS BODYATTACK 45 Minutes Alison		 LES MILLS 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		tone 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	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		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* Darlene	NOODLE MANIA Darlene	 water motion Clarissa	AQUA POWER Darlene			