




















# Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:20am	 <b>BODYPUMP</b> Kelsey		 <b>BODYPUMP</b> Deanna				
	7:30am	BODY BLAST 45 Minutes Alison	YOGA 1 Jenny	YOGA All Levels Toni	YOGA 1 Glo	BODY BLAST 45 Minutes Alison	 <b>BODYPUMP</b> Deanna	
	8:00am						<b>7:15-8:15am</b>	
	8:30am	YOGA Cori	 <b>BODYATTACK</b> 45 Minutes Alison		 <b>BODYATTACK</b> 45 Minutes Alison	YOGA 2 Toni	YOGA 2 Toni	
	9:00am			PILATES MAT Nina				
	9:30am		 <b>BODYPUMP</b> Alison		 <b>BODYPUMP</b> Kelsey			
	9:45am	 <b>BODY VIVE</b> Alison		<b>tone</b> Alison		 <b>BODY VIVE</b> Becka	BOOTCAMP Staff 9:45-10:45	
	11:00am	STABLE & STRONG Merry	TAI CHI Shown	STABLE & STRONG Alison	TAI CHI Shown	STABLE & STRONG Becka	TAI CHI Shown	
	5:00pm	 <b>BODYPUMP</b> 45 Minutes Alison	AB Blast Jamie	 <b>BODYPUMP</b> 45 Minutes Taylor	AB BLAST Deanna			
	5:30pm		HIIT		HIIT Deanna	 <b>BODYPUMP</b> Marcy		
	6:00pm	BodyAttack/Combat 45 minutes Taryn	 <b>BODYPUMP</b> Annie	BodyAttack/Combat 45 minutes Ray	 <b>BODYPUMP</b> 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 Darlene	CARDIO INTERVAL Kelsey	AQUA POWER Kelsey	NOODLE MANIA Darlene	
	9:30am	 <b>water motion</b> Becka	WATER WALKING Nina	 <b>water motion</b> Becka	WATER WALKING Stacy	 <b>water motion</b> Clarissa	AQUA COMBO Darlene <b>9-10:00am</b>
	10:45am	A-A-A Laura		A-A-A Laura		NOODLE MANIA Clarissa	
	12:00pm	AQUA Rx Laura		AQUA Rx Laura			
6:15pm	CARDIO INTERVAL* Darlene	NOODLE MANIA Darlene	 <b>water motion</b> Clarissa	AQUA POWER Darlene			