

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 Nina	BODYPUMP Marcy	
	8:00am						7:15-8:15am	
	8:30am	YOGA Nancy	BODYATTACK 45 Minutes Alison		BODYATTACK 45 Minutes Alison	YOGA 2 Lucy	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 Shown	STABLE & STRONG Alison	TAI CHI Shown	STABLE & STRONG Becka	TAI CHI Shown	
	5:00pm	BODYPUMP 45 Minutes Alison	AB Blast Jamie	BODYPUMP 45 Minutes Taylor	AB BLAST Clarissa			
	5:30pm		HIIT Jamie		HIIT Clarissa	BODYPUMP Marcy		
	6:00pm	BodyAttack/Combat 45 minutes Taryn	BODYPUMP Deanna	BODYATTACK 45 minutes Alison	BODYPUMP Deanna			
	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	water motion Becka	WATER WALKING Maya	water motion Becka	WATER WALKING Hannah	water motion Clarissa	AQUA COMBO Darlene 9-10:00am	
	10:45am	A-A-A Laura		A-A-A Laura		NOODLE MANIA Hannah		
	12:00pm	AQUA Rx Laura		AQUA Rx Laura				
6:15pm	CARDIO INTERVAL* Darlene	NOODLE MANIA Stacy	water motion Clarissa	AQUA POWER Darlene				