










Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	8:15am		HIIT Alison		HIIT Annie		
	8:15am	BODY BLAST Alison	YOGA 1 Emerald	BODY BLAST Alison	YOGA Glo	BODY BLAST Nina	 BODYPUMP Marcy
	9:00am						HIIT Jamie OR Taylor
	9:30am	YOGA Glo	 BODYPUMP Alison	PILATES MAT Nina	 BODYPUMP Kelsey	YOGA Staff	YOGA 2 Marcy
	11:00am	STABLE & STRONG Alison	TAI CHI Showen	STABLE & STRONG Alison	TAI CHI Showen	STABLE & STRONG Merry	TAI CHI Showen
	5:00pm	 BODYPUMP Alison	HIIT RAY	 BODYPUMP Taylor	HIIT Jamie		
	5:30pm					 BODYPUMP Annie	
	6:30pm	YOGA Maureen	 BODYPUMP Ray	YOGA Christine	Tai Chi Dave		

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	8:30am	AQUA CIRCUIT* Darlene	AQUA POWER Darlene	CARDIO INTERVAL Kelsey	AQUA POWER Kelsey	NOODLE MANIA Darlene	
	10:00am	 water motion Hannah	WATER WALKING Hannah	 water motion Hannah	WATER WALKING Alison	NOODLE MANIA Darlene	9:00am Aqua Combo Darlene
	12:15pm	WATER WALKING Laura		WATER WALKING Laura			
	6:15pm		NOODLE MANIA Staff		AQUA POWER Darlene		

9.16.2020

ALL CLASSES ARE OUTSIDE AND 45 MINUTES LONG.

