














Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:15am		 Marcy					
	6:00am	 Kelsey (1 hr)		 Kelsey				
	7:00am			FREESTYLE SPIN Jamie		FREESTYLE SPIN Cheyanne		
	7:15am					 Marcy		
	8:15am	BODY BLAST Annie	YOGA 2 Nancy	BODY BLAST Kelsey		BODY BLAST DeAnne	 Marcy	
	8:30am				sprint Annie (30 min. class)			
	9:00am						FREESTYLE SPIN Annie	
	9:15am	YOGA 2 Nancy	 Annie		 Annie	YOGA Glo	YOGA 2 Marcy	
	11:00am	STABLE & STRONG Hannah	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen	
	4:00pm	BOOTY BARRE Melissa						
	4:15pm				FREESTYLE SPIN Cheyanne	FREESTYLE SPIN Holly		
	5:00pm	 Jennifer	AB BLAST Jamie (30 mins)	 Melissa	AB BLAST Jamie (30 mins)			
	5:30pm				CARDIO KICKER Jamie (30 mins)	 Kelsey		
	5:45pm		FREESTYLE SPIN Jamie (30 mins)					
6:00pm	SCHWINN SPIN Tim (30 min. class)		FREESTYLE SPIN Melissa (30 min.)					
6:30pm		FREESTYLE SPIN Holly		FREESTYLE SPIN Holly				
6:45pm	YOGA Maureen		VINYASA YOGA 2 Christine					

ALL CLASSES ARE 45 MINS. UNLESS OTHERWISE NOTED.

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	9:00am	AQUA CIRCUIT Darlene	AQUA POWER Darlene	CARDIO INTERVAL Kelsey	AQUA POWER Kelsey	FULL BODY AQUA Darlene	Aqua Combo Darlene	
	10:00am	 Hannah	WATER WALKING Hannah	 Hannah	WATER WALKING DeAnne	 DeAnne	Aqua Combo Darlene	
	12:00pm	WATER WALKING Laura		WATER WALKING Laura				
	6:00pm	CARDIO INTERVAL Mark	FULL BODY AQUA Staff	CARDIO INTERVAL Mark	AQUA POWER Darlene			

ALL AQUA CLASSES ARE 1 HR. UNLESS OTHERWISE NOTED.