














# Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:15am		 CYCLE Marcy					
	6:00am	 BODYPUMP Kelsey (1 hr)		 BODYPUMP Kelsey				
	7:00am			FREESTYLE SPIN Jamie		FREESTYLE SPIN Cheyanne		
	7:15am					 CYCLE Marcy		
	8:15am	BODY BLAST Annie	YOGA 2 Nancy	BODY BLAST Kelsey		BODY BLAST DeAnne	 BODYPUMP Marcy	
	8:30am				<i>sprint</i> CYCLE Annie (30 min. class)			
	9:00am							FREESTYLE SPIN Annie
	9:15am	YOGA 2 Nancy	 BODYPUMP Annie		 BODYPUMP Annie	YOGA Glo	YOGA 2 Marcy	
	11:00am	STABLE & STRONG Hannah	TAI CHI Shown	STABLE & STRONG DeAnne	TAI CHI Shown	STABLE & STRONG DeAnne	CHAIR TAI CHI Shown	
	4:00pm	POP PILATES Melissa	BODYVIVE/TONE Becka	BODYVIVE/TONE Becka				
	4:15pm				FREESTYLE SPIN Cheyanne	FREESTYLE SPIN Holly		
	5:00pm	 BODYPUMP Jennifer	AB BLAST Jamie (30 mins)	 BODYPUMP Melissa	AB BLAST Jamie (30 mins)			
	5:30pm				CARDIO KICKER Jamie (30 mins)	 BODYPUMP 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	 WATER WALKING Hannah	WATER WALKING Hannah	 WATER WALKING Hannah	WATER WALKING DeAnne	 WATER WALKING 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.**