



Group Fitness Studio 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Circuit 5:30am JOE ▲		Strength Circuit 5:30am JOE ▲		Strength Circuit 5:30am JOE ▲		
Core Balance 9:00am JOE ●				Core Balance 9:00am Josh ●		
Reserved 10:30-12:00pm CHOMP	Hatha Yoga 10:00am Kat ●	Reserved 10:00-12:00pm CHOMP	Hatha Yoga 10:00am Urmila ●	Reserved 10:00-12:00pm CHOMP	ZUMBA® 10:00am Jackie ▲	ZUMBA® 10:00am Nancy ▲
Reserved 12:00 - 1:00pm CHOMP	Hatha Flow 11:00am Kat ●	Reserved 12:00 - 1:00pm CHOMP	Hatha Flow 11:00am Urmila ●	Reserved 12:00 - 1:00pm CHOMP		
Reserved 1:00 - 4:00pm CHOMP	Reserved 12:00pm-4:00pm CHOMP	Reserved 1:00-4:00pm CHOMP	Reserved 12:00pm-4:00pm CHOMP	Reserved 1:00-4:00pm CHOMP		
Reserved 4:00pm-5:30pm Monterey Bay FC	Reserved 1:30-4:00pm CHOMP	Reserved 4:00pm-5:30pm Monterey Bay FC	Reserved 1:30-4:00pm CHOMP	Reserved 4:00pm-5:30pm Monterey Bay FC		
ZUMBA® 5:30pm Nancy ▲	Cardio Drumming 5:30pm Esther ▲	ZUMBA® 5:30pm Nancy ▲	Cardio Drumming 5:30pm Esther ▲	ZUMBA® 5:30pm Jackie ▲		
Strength Circuit 6:30pm America ◆	Barre & Stretch 6:30pm Esther ●	ZUMBA® 6:30pm Freddie ▲	Barre & Stretch 6:30pm Esther ●	ZUMBA® 6:30pm Freddie ▲		

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆



Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday - Sunday 8:00am - 4:00pm

CHOMP Reserved
MBFC Reserved
New Instructor



Group Fitness Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sit-to-Stand Mobility 9:00am Thiem ●		Breathwork & Flexibility 9:00am Thiem ●			
	Tai Chi (Balance) 10:00am Thiem ●		Bone Loading For Balance 10:00am Thiem ▲	Healthy Back 10:00am Josh ●		
Bells & Bands 11:00am Reyna ●		Bells & Bands 11:00am Reyna ▲		Bells & Bands 11:00am Reyna ▲		
Dance Latin/Smooth 3:30pm Thiem ●		Tai Chi Intermidiate 3:30pm Thiem ▲	Fall Prevention 12:00pm Josh ●	Cardio Spin 12:00p Reyna ▲		
Swiss-Ball (Dynamic) 4:30pm Thiem ▲	 Reserved 1:00pm-2:00pm Monterey Bay FC	Barre (Toning) 4:30pm Thiem ▲	 Reserved 1:00pm-2:00pm Monterey Bay FC			
Pilates (back/hip focus) 5:30pm Thiem ▲	Gentle Yoga 5:30pm Kat ●	Pilates (Deep Control) 5:30pm Thiem ▲	Gentle Yoga 5:30pm Alison ●			
	Meditation 6:30pm Kat ●	Strength Circuit 6:30pm America ◆	Yin Yoga 6:30pm Alison ●			

All Classes 45 minutes






- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday - Sunday 8:00am - 4:00pm



Warm Water Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Reserved 8:00-12:00pm CHOMP	Aqua Fitness 11:00am Freddie ▲	 Reserved 8:00-12:00pm CHOMP	Aqua Fitness 11:00am Freddie ▲	 Reserved 8:00-12:00pm CHOMP		
	 Reserved 12:30-5:00pm CHOMP		 Reserved 12:30-5:00pm CHOMP		Aqua Fitness 12:00pm Freddie ▲	
Aqua Zumba 4:30pm Jackie ▲		Aqua Zumba 4:30pm Jackie ▲	Aqua Fitness 6:30pm Freddie ▲			

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday - Sunday 8:00am - 4:00pm

Reserved
Medical

