

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS Cycle Express Susu Glynn	5:30-6:00 MS GRIT™ Strength Alex Yu	6:00-6:45 CS CLUB CYCLING™ Christian Noni	5:30-6:00 MS GRIT™ Strength Alex Yu	6:00-6:45 CS Cycle Express Angela Cottrell	8:00-9:00 CS Mountain Xtreme Mike Owens	8:00-9:00 BC Boxing Boot Camp Multiple Instructors
6:00-6:45 MS BODYPUMP™ Express Monica Mallory	5:45-6:30 CS Cycle Express Sandy Krigel	6:00-7:00 TC Intro to Cardio Tennis Ryan Wall	5:45-6:30 CS Cycle Express Matthew Smith	6:00-6:45 MS Strength & Burn Joey Betzen	8:00-8:50 MS Cardio Sculpt HIIT Jessie Gumbs	8:30-9:30 MS Strength Train 101 Jeffrey McDaniel
6:30-7:30 YS Hatha Yoga L1 Annamarie Weddle	6:00-6:45 MS Center Barre Matt Araiza	6:00-6:45 MS BODYPUMP™ Express Clarke Hammes	6:00-6:45 MS Cardio Sculpt HIIT Jessie Gumbs	6:30-7:30 YS Vinyasa L2 Annamarie Weddle	8:30-9:15 BC Power Pilates Mat Christian Noni	9:00-10:15 YS Power Vinyasa L2-L3 Erran Gilchrist
8:30-9:45 YS Hatha Yoga L1-L2 Patricia Gray	6:00-7:00 TC Cardio Tennis Grant Fleming	6:30-7:30 YS Vinyasa L1-L2 Patricia Gray	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:30 MS Sculpt Fusion Stephanie Ruch	8:30-9:30 TC Cardio Tennis Grant Fleming	9:30-10:00 MS Pyramid Cardio Jodie Schnakenberg
8:30-9:15 MS C.S.I Shelby Chadd	8:30-9:30 BC Steptacular Denise Sarver	8:30-9:30 CS Power Hour Susu Glynn	8:30-9:45 YS Hatha Yoga L1 Mara Colbert	8:30-9:45 YS Hatha Yoga L1-L2 Sumya Anani	8:45-10:00 YS Power Vinyasa L2 Taylor Deeds	10:00-10:45 MS BODYPUMP™ Express Jodie Schnakenberg
8:30-9:30 CS Power Hour Denise Sarver	8:30-9:45 YS Hatha Yoga L1-L2 Lisa Murphy	8:30-9:15 MS Body Sculpt Christian Noni	8:30-9:30 MS BODYPUMP™ Mallory McDonald	8:30-9:30 BC Steptacular Denise Sarver	9:00-9:30 MS GRIT™ Cardio Stephanie Ruch	9:30-10:30 CS Power Hour Markey Schleih
8:30-9:30 TC Cardio Tennis Grant Fleming	8:30-9:00 MS GRIT™ Cardio Mallory Mahoney	8:30-9:45 YS Restorative Yoga L1 Seraphine Naeymi	9:30-10:20 MS Barre + Pilates Fusion Seraphine Naeymi	9:30-10:30 BC Power Pilates Mat Seraphine Naeymi	9:30-10:30 CS Pedal & Pump Jeffrey McDaniel	11:00-11:50 MS BODYJAM™ Marisa Sheehy
9:30-10:30 MS BODYPUMP™ Stephanie Ruch	9:00-9:15 MS HardCORE Cuts Mallory Mahoney	9:30-10:30 MS BODYPUMP™ Stephanie Ruch	10:00-10:50 YS PiYo L1 Liz Cooper	9:30-10:30 MS BODYPUMP™ Katie Strahan	9:45-10:30 MS BODYPUMP™ Express Stephanie Marquess	11:30-12:45 YS Hatha Yoga L2 Annamarie Weddle
10:00-11:00 YS Yoga Basics L1 Lisa Murphy	9:30-10:20 MS Barre + Pilates Fusion Seraphine Naeymi	10:00-11:00 YS Yoga Basics L1 Carrah Quigley		10:00-11:00 YS Yoga Basics L1 Jordan Ryan	10:15-11:15 YS Strengthen & Stretch Nicole Kube	4:00-5:15 YS Vinyasa Yoga L2 Carrah Quigley
10:00-10:45 IP Active Age: Aqua Cardio Denise Sarver	10:30-11:30 MS Active Age: Aerobics & Strength Teri Higginbotham	10:30-11:30 MS Active Age: Tone & Balance Denise Sarver		10:00-10:45 IP Aqua Blast Denise Sarver	10:30-11:30 BC Center Barre Danielle Enriquez-Fowler	
				10:30-11:30 MS Active Age: Aerobics & Strength Teri Higginbotham	10:30-11:00 MS Cardiobox Stephanie Marquess	
12:00-12:30 MS Strength & Burn Christian Noni	12:00-12:45 CS Cycle Express Shelby Chadd	11:05-11:20 YS Meditation Carrah Quigley	12:00-12:45 CS Cycle Express Shelby Chadd	12:00-12:30 MS Strength & Burn Kaleb Wersland	11:15-12:15 MS BODYPUMP™ Anne Ruch	
12:00-1:00 YS Power Vinyasa L2-L3 Erran Gilchrist	12:00-1:00 YS Power Vinyasa L2 Sarah Buchanan	12:00-12:30 MS Strength & Burn Caitlin Katz	12:00-1:00 YS Power Vinyasa L2 Mike Owens		11:30-12:45 YS Hatha Yoga L1-L2 Patricia Gray	
4:45-5:30 MS BEST BUTT NOW Jodie Schnakenberg		4:45-5:30 MS BEST BUTT NOW Jodie Schnakenberg		4:45-5:30 MS Pyramid Cardio Jodie Schnakenberg		
5:00-5:45 CS Cycle Express Matthew S. Mike O.	5:30-6:20 CS Cycle Express Jodie Schnakenberg	5:30-6:00 MS Pyramid Cardio Jodie Schnakenberg	5:30-6:20 MS Cycle Express Jodie Schnakenberg	5:30-6:30 YS Power Vinyasa L2-L3 Erran Gilchrist		
5:30-6:00 MS GRIT™ Plyo Mallory McDonald	5:30-6:00 BC Strength & Burn Casey Pessetto	5:30-6:30 YS Power Vinyasa L2 Taylor Deeds	5:30-6:20 MS Center Barre Matt Araiza	5:35-6:30 MS Strength Train 101 Jodie Schnakenberg		
5:30-6:30 YS Power Vinyasa L2-L3 Erran Gilchrist	5:30-6:20 MS Power Pilates Mat Seraphine Naeymi	5:45-6:30 BC ELITE Jack Reilly	5:30-6:00 BC Strength & Burn Mallory Mahoney			
5:45-6:30 BC ELITE Jack Reilly	5:45-7:00 YS Ashtanga Yoga L1-L2 Jordan Ryan	6:00-6:50 CS Cycle Express Denise Sarver	5:30-6:45 YS Vinyasa L1-L2 Patricia Gray			
6:00-7:00 CS Pedal & Pump Jeffrey McDaniel	6:00-6:30 BC Boxing Boot Camp Casey Pessetto	6:00-7:00 TC Intro to Cardio Tennis Ryan Wall	6:30-7:15 MS BODYPUMP™ Express Jodie Schankenber			
6:00-7:00 TC TRX Cardio Tennis Grant Fleming	6:00-7:00 TC Cardio Tennis Grant Fleming	6:00-7:00 MS BODYPUMP™ Anne Ruch	7:00-8:00 YS Yoga Basics L1 Mike Owens			
6:00-7:00 MS BODYPUMP™ Anne Ruch	6:30-7:15 MS BODYPUMP™ Express Jodie Schnakenberg	7:00-7:30 MS CXWORX™ Anne Ruch				
7:00-8:00 YS Restorative Yoga L1 Beth Hoenscheidt	7:00-8:15 BC Tai Chi Joe Estrada	7:00-8:00 YS Hatha Yoga L1 Annamarie Weddle				
7:00-8:00 MS CXWORX™ Anne Ruch	7:00-8:00 YS Vinyasa L1 Beth Hoenscheidt					



CLASS LOCATION KEY

MS	Main Studio	CS	Cycling Studio
YS	Yoga Studio	BC	Basketball Court
AP	Adult Pool	TC	Tennis Court
PS	Pilates Studio	IP	Indoor Pool

All classes in bold must be pre-booked online via My Woodside.

FEBRUARY 2019 GROUP FITNESS SCHEDULE

For all fee-based offerings, including Small Group Training, Pilates and Bootcamps, browse and sign-up on My Woodside.