

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	EASTER 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	8:30-9:15 CS SPRING RIDE Sarah Buchanan
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	8:00-9:00 BC Boxing Boot Camp Multiple Instructors
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 Nicole Kube	8:30-9:30 MS Strength Train 101 Jeffrey McDaniel
8:30-9:45 YS Hatha Yoga L1-L2 Patricia Gray	6:00-7:00 YS Power Vinyasa L2 Sarah Buchanan	6:30-7:30 YS Vinyasa L1-L2 Patricia Gray	6:00-7:00 YS Power Vinyasa L2 Celeste Ellis	8:30-9:20 MS Sculpt Fusion Jack Reilly	8:30-9:30 TC Cardio Tennis Grant Fleming	9:00-10:15 YS HOLIDAY FLOW L2 Erran Gilchrist
8:30-9:15 MS C.S.I Shelby Chadd	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:30 CS Power Cycle Susu Glynn	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:45 YS Hatha Yoga L1-L2 Sumya Anani	8:45-10:00 YS Power Vinyasa L2 Taylor Deeds	10:00-11:00 CS THREE AMIGOS RIDE Markey Schleihs Jodie Schnakenberg Jeffrey McDaniel
8:30-9:20 CS Power Cycle Sarah Buchanan	8:30-9:30 BC Steptacular Denise Sarver	8:30-9:15 MS Body Sculpt Callie Cramer	8:30-9:45 YS Hatha Yoga L1 Mara Colbert	8:30-9:30 BC Steptacular Denise Sarver	9:00-9:30 MS GRIT™ Cardio Mallory Mahoney	11:00-12:00 MS SPRING PUMP™ Jodie Schnakenberg
8:30-9:30 TC Cardio Tennis Grant Fleming	8:30-9:45 YS Hatha Yoga L1-L2 Lisa Murphy	8:30-9:45 YS Restorative Yoga L1 Seraphine Naeymi	8:30-9:20 MS BODYPUMP™ Mallory McDonald	9:30-10:30 BC Power Pilates Mat Seraphine Naeymi	9:30-10:30 CS Pedal & Pump Jeffrey McDaniel	
9:30-10:30 MS BODYPUMP™ Wes Mikel	8:30-9:00 MS GRIT™ Cardio Mallory Mahoney	9:30-10:30 MS BODYPUMP™ Guest Instructor	9:30-10:20 MS Barre + Pilates Fusion Seraphine Naeymi	9:30-10:30 MS BODYPUMP™ Katie Strahan	9:45-10:30 MS BODYPUMP™ Express Stephanie Marquess	
10:00-11:00 YS Yoga Basics L1 Lisa Murphy	9:00-9:15 MS HardCORE Cuts Mallory Mahoney	10:00-11:00 YS Yoga Basics L1 Carrah Quigley	10:00-10:50 YS PiYo L1 Liz Cooper	10:00-11:00 YS Yoga Basics L1 Jordan Ryan	10:15-11:15 YS NEW! Roll + Release Christian Noni	
10:00-10:45 IP Active Age: Aqua Cardio Denise Sarver	9:30-10:20 MS Barre + Pilates Fusion Seraphine Naeymi	10:30-11:20 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	
	10:30-11:20 MS Active Age: Aerobics & Strength Teri Higginbotham				10:30-10:45 MS HardCORE Cuts Stephanie Marquess	
12:00-12:30 MS SHOCK + SHRED 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 SHOCK + SHRED Kaleb Wersland	11:00-12:00 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 SHOCK + SHRED 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 NEW! Sculpt Fusion Angela Ansley	4:45-5:30 MS BEST BUTT NOW Jodie Schnakenberg		4:45-5:30 MS Pyramid Cardio Jodie Schnakenberg		
5:30-6:00 MS GRIT™ Athlete Mallory McDonald	5:30-6:20 CS CLUB CYCLING™ Christian Noni	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		
5:30-6:30 YS Power Vinyasa L2-L3 Erran Gilchrist	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		
5:45-6:30 BC ELITE Jack Reilly	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			
6:00-7:00 CS Pedal & Pump Jeffrey McDaniel	5:45-6:45 YS Ashtanga Yoga L1-L2 Jordan Ryan	6:00-6:50 CS Cycle Express Sarah Buchanan	6:00-6:30 BC Boxing Boot Camp Mallory Mahoney			
6:00-7:00 TC TRX Cardio Tennis Matt Smith Grant F.	6:00-6:30 BC Boxing Boot Camp Casey Pessetto	6:00-7:00 TC Intro to Cardio Tennis Ryan Wall	5:30-6:45 YS Vinyasa L1-L2 Patricia Gray			
6:00-7:00 MS BODYPUMP™ Anne Ruch	6:00-7:00 TC Cardio Tennis Grant Fleming	6:00-7:00 MS BODYPUMP™ Anne Ruch	6:30-7:15 MS BODYPUMP™ Express Jodie Schankenberg			
7:00-8:00 YS Yin Yoga & Meditation L1 Jordan Ryan	6:30-7:15 MS BODYPUMP™ Express Jodie Schnakenberg	7:00-7:15 MS HardCORE Cuts Anne Ruch	7:00-8:00 YS Power Vinyasa L2 Mike Owens			
7:00-7:15 MS HardCORE Cuts Anne Ruch	7:00-8:15 BC Tai Chi Joe Estrada	7:00-8:00 YS Yin Yoga & Meditation L1 Annamarie Weddle				
	7:00-8:00 YS Power Vinyasa L2 Emily Cox					



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.

EASTER 2019 GROUP FITNESS SCHEDULE

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