

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 Performance Cycle Mike Owens	8:30-9:15 CS Cycle Express Sarah Buchanan
6:00-6:45 MS BODYPUMP™ Express Monica Mallory	5:45-6:30 CS Performance Cycle Sandy Krigel	6:00-7:00 TC Intro to Cardio Tennis Ryan Wall	5:45-6:30 CS Performance Cycle 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 MS Boxing Boot Camp Multiple Instructors
6:30-7:30 YS Hatha Yoga L1 Brook Campbell	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 Hatha Yoga L1 Julia Harkleroad	8:30-9:15 BC Power Pilates Mat Christian Noni	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 Kayla Hutchings	6:00-7:00 YS Power Vinyasa L2 Celeste Ellis	8:30-9:20 MS Sculpt Fusion Instructor	8:30-9:30 TC Cardio Tennis Grant Fleming	9:00-10:15 YS Power Vinyasa L2-L3 Erran Gilchrist
8:30-9:15 MS Strength & Burn Shelby Chadd	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:30 CS Studio 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 Kayla Hutchings	9:30-10:00 MS Pyramid Cardio Jodie Schnakenberg
8:30-9:20 CS Cycle Express 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	10:00-10:45 MS BODYPUMP™ Express 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™ Michele Morgan	9:30-10:30 BC Power Pilates Mat Seraphine Naeymi	9:30-10:30 CS Studio Cycle Jeffrey McDaniel	9:30-10:30 CS Performance Cycle Markey Schleihs
9:30-10:30 MS BODYPUMP™ Wes Mikel	8:30-9:00 MS GRIT™ Cardio Mallory Mahoney	9:30-10:20 MS BODYPUMP™ Michele Morgan	9:30-10:20 MS Modérne Barre Seraphine Naeymi	9:30-10:30 MS BODYPUMP™ Anne Ruch	9:45-10:30 MS ELITE Jack Reilly	11:00-11:50 MS BODYJAM™ Marisa Sheehy
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	10:30-10:45 MS HardCORE Cuts Jack Reilly	11:30-12:45 YS Hatha Yoga L2 Maria Ceuvas
10:30-11:20 MS Active Age: Aerobics & Strength Teri Higginbotham	9:30-10:20 MS Modérne Barre Seraphine Naeymi	10:30-11:20 MS Active Age: Tone & Balance Denise Sarver	9:30-10:15 OP Active Age: Aqua Cardio Denise Sarver		10:00-10:45 OP Aqua Blast Denise Sarver	4:00-5:15 YS Vinyasa Yoga L2 Carrah Quigley
	9:30-10:15 OP Active Age: Aqua Cardio Denise Sarver				10:15-11:15 YS Roll + Release Christian Noni	
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		
12:00-1:00 YS Power Vinyasa L2-L3 Taylor Deeds	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		10:30-11:30 BC Center Barre Danielle Enriquez-Fowler	
					11:00-12:00 MS BODYPUMP™ Anne Ruch	
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		5:15-6:00 MS Strength Train 101 Jodie Schnakenberg	11:30-12:45 YS Hatha Yoga L1-L2 Patricia Gray	
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 Maria Cuevas		
5:30-6:30 YS Power Vinyasa L2-L3 Seraphine Naeymi	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			
6:00-6:50 BC ELITE Jack Reilly	5:30-6:20 MS Power Pilates Mat Seraphine Naeymi	6:00-6:50 BC ELITE Jack Reilly	5:30-6:00 BC Strength & Burn Mallory Mahoney			
6:00-7:00 CS Studio Cycle 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 Schankenber			
7:00-8:00 YS Yin Yoga & Meditation REST L1 Christian Noni	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	OP	Outdoor Pool

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

JULY 2019 GROUP FITNESS SCHEDULE

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