





















Del Norte Group Fitness Calendar

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:30am	 BODYPUMP		 BODYPUMP				
	7:30am	BODY BLAST 45 Minutes	YOGA 1 Maggi	YOGA All Levels Toni	YOGA 1 Gloriann	BODY BLAST 45 Minutes	 BODYPUMP	
	8:00am					7:15-8:15am		
	8:30am	YOGA Toni	 LES MILLS BODYATTACK		 LES MILLS BODYATTACK	YOGA 2 Ruth	YOGA 2 Toni	
	9:00am			PILATES MAT Judy				
	9:30am		 BODYPUMP		 BODYPUMP			
	9:45am	BODY  VIVE.		BODY  VIVE.		BODY  VIVE.	 LES MILLS BODYATTACK	
	11:00am	STABLE & STRONG Merry	ARTHRITIS TAI CHI Shownen	STABLE & STRONG Cathy	ARTHRITIS TAI CHI Shownen	STABLE & STRONG Heather		
	4:30pm	BODY  VIVE.	AB BLAST Emily	BODY  VIVE.	AB BLAST Emily			
	5:00pm		 LES MILLS BODYATTACK		 LES MILLS BODYATTACK	 BODYPUMP		
	5:30pm	 BODYPUMP		 BODYPUMP				
	6:00pm		 BODYPUMP		 BODYPUMP			
7:00pm	YOGA 1 Traci	TAI CHI Dave	YOGA 2 Janeen	TAI CHI Dave				
8:00pm				FENCING Ron				

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:30am	AQUA CIRCUIT Kelsey	AQUA POWER Doreen	CARDIO INTERVAL Cathy	AQUA POWER Doreen	NOODLE MANIA Judy		
	9:30am	AQUA CIRCUIT* Kelsey	WATER WALKING Doreen	CARDIO INTERVAL* Cathy	WATER WALKING Doreen	NOODLE MANIA Judy	AQUA COMBO Darlene/Joanne 9-10:15am	
	10:45am	A-A-A Judy	WATER WALKING Doreen	A-A-A Judy	WATER WALKING Doreen	NOODLE MANIA Judy		
	12:00pm	AQUA Rx Judy		AQUA Rx Judy				
	4:30pm		AQUA COMBO Amber		AQUA COMBO Kelsey			
6:15pm	CARDIO INTERVAL* Judy	NOODLE MANIA Darlene	AQUA COMBO Andrea	AQUA POWER Darlene				