



# FALL SESSION

## GROUP EXERCISE SCHEDULE

### SEPTEMBER 11—DECEMBER 23

#### STUDIO A

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>VIRTUAL FITNESS</b> 5:00am-5:50am Member-led		<b>VIRTUAL FITNESS</b> 5:00am-5:50am Member-led		<b>VIRTUAL FITNESS</b> 5:00am-5:50am Member-led	<b>CYCLE FIT</b> 7:45am-8:45am Justine
	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine		<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine		<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>BODYPUMP</b> 9:00am-10:10am Susan
	<b>VIRTUAL FITNESS</b> 8:25am-9:25am Member-led		<b>VIRTUAL FITNESS</b> 8:25am-9:25am Member-led		<b>VIRTUAL FITNESS</b> 8:25am-9:25am Member-led	
	<b>SPIN</b> 5:30pm-6:30pm Sierra		<b>SPIN</b> 5:45pm-6:45pm Terra			
	<b>BODYPUMP</b> 7:15pm-8:00pm Susan		<b>Y-FIT</b> 7:15pm-8:00pm Tim		<b>BODYPUMP</b> 7:15pm-8:00pm Susan	

#### STUDIO B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>YOGA</b> 6:00am-7:00am Carole	<b>YIN YOGA</b> 8:00am-8:50am Maggie	<b>YOGA</b> 6:00am-7:00am Carole	<b>YIN YOGA</b> 8:00am-8:50am Maggie	<b>YOGA</b> 6:00am-7:00am Carole	
		<b>YOGA</b> 9:30am-10:30am Justine		<b>YOGA</b> 9:30am-10:30am Justine		<b>YOGA BEGIN</b> 9:15am-10:00am Carole
	<b>GROUP FITNESS</b> 10:00am-11:00am Laura		<b>GROUP FITNESS</b> 10:00am-11:00am Laura			
	<b>ROCK STEADY</b> 1:00pm-2:30pm Kim	<b>FITNESS WITH LARWAN</b> 5:30pm-6:15pm Larwan	<b>ROCK STEADY</b> 1:00pm-2:30pm Kim	<b>OTAGO FALL PREVENTION</b> 1:00pm-2:00pm Tim/IWU		
	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>BOOTCAMP</b> 6:45pm-7:45pm Jaqueline	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>FITNESS WITH LARWAN</b> 5:30pm-6:15pm Larwan	<b>Cardio Dance Party</b> 6:30pm-7:30pm Missy	



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## AGE REQUIREMENTS:

- **Ages 12 to 15**

A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file. Waiver can be found at the Welcome Center and must be signed by both parent and child.

- **Ages 16–17**

May use Fitness area without parent present but must have a waiver on file.

## WELLNESS AREA REQUIREMENTS:

- As of August 1, 2022, registration for classes is NOT required unless you are participating in Rock Steady Boxing. Attendance will still be taken each week within the studios.
- All members and guests using the wellness area must be dressed in appropriately clothing including close-toed shoes. No sandals or bare feet are permitted in the wellness area.
- Please be considerate of other members by wiping down your machine after each use.

## UPCOMING SESSION DATES:

**FALL: SEPTEMBER 11TH—DECEMBER 31ST**

**WINTER: JANUARY 2ND—MARCH 31ST**

## UPCOMING CLOSURES:

**NOVEMBER 24TH: CLOSED FOR THANKSGIVING\***

**DECEMBER 24TH—25TH: CLOSED FOR CHRISTMAS\***

**\*24/7 ACCESS WILL BE AVAILABLE**

Schedule subject to change with little to no notice. For questions, please contact Taylor at [taylorf@grantcountymca.org](mailto:taylorf@grantcountymca.org)