

# PASEO CLUB

# GROUP EXERCISE SCHEDULE 2023

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 7:45am Cardio Strength Allison	6:00 am - 6:45am Cycle Mark		6:00 am - 6:45am Cycle Mark	7:00am-8:00am Cycle Michael	
7:00 am - 7:45 am Cycle Jackie		7:00am-7:45am Cycle Michael	7:00am - 8:00am Walking Class Melanie	7:00am-7:45am Core, Tone & Stretch Jodi	7:00am - 8:00am Walking Class Melanie
8:30 am - 9:30 am Cycle Unplugged Lynette	8:30 am - 9:15 am Cycle Melanie	8:00am-8:45am Weighted Bootcamp Lynette	8:15am - 9:15am Cycle Fusion Lynette	8:30 am - 9:15 am Cycle Melanie	8:00am-9:00am Zumba Katiana
8:30 am - 9:30 am Strictly Strength Cezanne	8:30 am - 9:15 am Cardio & Core Jen	8:30am-9:00am Cycle Express Heather	8:30 am - 9:15 am Strength & Tone Jen		8:30am - 9:30am Cycle Cezanne
				8:00am-8:45am Kickboxing Lynette	9:00am-10:00am Liquid Cardio Jodi
9:30am - 10:30am Light flow therapeutics Allison	9:00am-10:00am Liquid Cardio Rosemary		9:00am-10:00am Liquid Cardio Jodi		9:15am-10:00am Cardio Strength April
9:15am - 10:15am Liquid Cardio Jodi	9:15am-10:15am Barre Body Jodi	9:15am-10:00am Pilates Mat Heather	9:00am-9:45am Barre Body Amanda	9:00am-10:00am Strictly Strength Cezanne	10:15am - 11:15am Yoga Beg./Int. Andrea
10:45am - 11:30am Pilates Mat Amanda	10:30am-11:15am Cardio Strength Allison	9:15am-10:15am Liquid Cardio Jodi	10:00am-10:45am Pilates Mat Amanda	9:15am - 10:15am Liquid Cardio Amanda	<b>Sunday</b>
12:00pm -1:00pm Strength & Tone April		10:15am-11:15am Strength & Tone Melanie	11:00 am - 12:00pm Beg/Int Yoga Andrea	10:15am-11:00am Strength & Tone Melanie	8:00am-9:00am Cycle Michael
4:30-5:30pm Thera/Restore Yoga Andrea	4:30pm - 5:15pm Kids Fitness 7-12 Tara	4:30pm -5:30pm Thera/Restore Yoga Allison	4:30pm - 5:15pm Kids Fitness 7-12 Tara	11:00am- 12:00pm Yoga Annette	8:30am-9:15am Cardio Strength Dana
6:00pm -7:00pm Cycle Jodi	6:00pm-6:45pm Strength & Tone Dana	5:45pm - 6:45pm Strictly Strength Jodi	6:00pm-6:45pm Cardio Strength Dana		9:30am-10:15am Zumba Annette B
6:00pm - 6:45 pm Cardio Strength April	6:00pm - 7:00 pm Cycle Michael	5:30pm - 6:30pm Cycle Alex	6:00pm-7:00pm Cycle Jodi		10:30am - 11:30am Yoga Kylee
					Group x Room
					Cycle Room
7:00pm- 8:00pm Beg/int. Yoga Andrea	7:00pm-7:45pm Barre Body Jodi	7:00pm- 8:00pm Beg/ int.Yoga Andrea			Cardio Deck
				Outdoor	Group X Pavillion
					Front of Club
					Pool