

PASEO CLUB

OUTDOOR GROUP EXERCISE SCHEDULE

Sept.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 7:45 am Cycle Jackie	7:00 am - 7:45 am Cycle Mark	7:00am-7:45am Cycle Michael	7:00am-7:45am Cycle Mark	7:00am-7:45am Cycle Michael	7:00am-8:00am Walking Class Melanie/Jodi
7:00 am - 7:45 am Outdoor Bootcamp Lynette	7:00am - 8:00am Yoga Andrea	7:00am-7:45am Cardio Strength Jessica	7:00am-7:45am Pilates Mat Jessica	7:00am-7:45am Core, Tone & Stretch Jodi	7:15am-8:00am Cycle Jackie
7:00 am - 8:00 am Walk/Run Melanie	8:00am - 8:45am Cycle Melanie	8:00am-8:45am Cycle Fusion Heather	7:00am-8:00am Walking Class Melanie	8:00am-8:45am Cycle Cezanne	7:15am-8:00am Total Body Cezanne
7:00am - 7:45am Barre Body Ciera	8:00am - 8:45am Cardio & Core Jen	8:00am-8:45am Outdoor Bootcamp Lynette	8:00am-8:45am Cycle Fusion Lynette	8:00am-8:45am Kickboxing Lynette	8:15am-9:00am Zumba Heesun
8:00 am - 8:45 am Cycle Lynette	9:00am-10:00am Liquid Cardio Rosemary	8:00am-9:00am Yoga Kimberly	8:00am-8:45am Total Body Jen	9:00am-9:45am Cardio Strength Cezanne	8:15am-9:00am Cycle Cezanne
8:00 am - 8:45 am Total Body Cezanne	9:15am-10:00am Barre Body Jodi	9:15am-10:00am Pilates Mat Heather	9:00am-10:00am Liquid Cardio Jodi	9:15am - 10:15am Liquid Cardio Jenny	9:00am-10:00am Liquid Cardio Jodi
9:00 am - 10:15am Yoga Kimberly	10:30am-11:15am Pilates Mat Cezanne	9:15am-10:15am Liquid Cardio Jodi	9:00am-9:45am Barre Body Rana	10:00am-10:45am Pilates Mat Jessica	9:15am-10:00am Cardio Strength April
9:15am - 10:00am Liquid Cardio Jodi	11:30am - 12:45pm Yoga starts 9/22 Allison	10:15am-11:00am Total Body Melanie	10:00am-10:45am Pilates Mat Rana	11:00am- 12:15pm Yoga Annette	10:15am - 11:30am Yoga Andrea
10:30am - 11:15am Pilates Mat Cezanne		11:15am-12:30pm Yoga starts 9/16 Allison	11:00am-12:15pm YOGA Andrea		Sunday 7:00am-8:15am Yoga Andrea
6:00pm - 6:45 pm Cardio Strength April	6:00pm-6:45pm Total Body Dana	6:00pm-6:45pm Total Body Jodi	6:00pm-6:45pm Cardio Strength Dana		8:00am-9:00am Cycle Michael
6:30 pm - 7:15 pm Cycle Heather	6:30pm-7:30pm Cycle Michael	6:30pm-7:30pm Cycle Alex	6:30pm-7:30pm Cycle Mark		8:30am-9:15am Cardio Strength Dana
7:00pm- 8:15pm Yoga Andrea	7:15pm-8:00pm Barre Body Jodi	7:00pm-8:15pm Yoga Jalin	7:00pm-8:00pm Zumba Heesun		9:30am-10:15am Zumba Heesun
7:00pm- 8:15pm Liquid Cardio Stephanie					10:30am-11:45am Yoga & Meditation Travis