

PASEO CLUB

OUTDOOR GROUP EXERCISE SCHEDULE

April

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	7:15am-8:00am Cycle Jackie
8:00 am - 9:00 am Walk/Run Melanie	8:00am - 8:45am Cycle Melanie	7:00am-7:45am Cardio Strength Jessica	8:00am-9:00am Walking Class Melanie	7:00am-7:45am Core, Tone & Stretch Jodi	8:00am-9:00am Walking Class Melanie
8:00 am - 8:45 am Bootcamp Lynette	8:15am - 9:00am Cardio & Core Jen	8:00am-8:45am Cycle Fusion Heather	8:00am-8:45am Cycle Fusion Lynette	8:00am-8:45am Cycle Cezanne	8:15am-9:00am Zumba Heesun
8:00 am - 8:45 am Cycle Trish	9:00am-10:00am Liquid Cardio Rosemary	8:00am-8:45am Weighted Bootcamp Lynette	8:00am-8:45am Total Body Jen	8:00am-8:45am Kickboxing Lynette	8:30am - 9:30am Cycle Cezanne
8:00 am - 8:45 am Total Body Cezanne	9:15am-10:00am Barre Body Jodi	8:00am-9:00am Yoga Kimberly	9:00am-10:00am Liquid Cardio Jodi	9:00am-9:45am Cardio Strength Trish	9:00am-10:00am Liquid Cardio Jodi
9:00 am - 10:15am Yoga Kimberly	10:30am-11:15am Total Body Cezanne	9:15am-10:00am Pilates Mat Heather	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 - 12:30pm Yoga Allison	9:15am-10:15am Liquid Cardio Jodi	10:00am-10:45am Pilates Mat Rana	11:00am- 12:00pm Yoga Annette	10:15am - 11:15am Yoga Andrea
		9:30 am - 10:15 am Cycle Lynette			
				Golf Area	Pool
10:30am - 11:15am Pilates Mat Cezanne	4:00 pm -4:45pm Kids Fitness Gavin	10:15am-11:00am Total Body Melanie	11:00am-12:00pm YOGA Andrea	Outdoor Group Exercise Pavillion	
				Outdoor Cycle Area	
				Front of Club	
12:00pm -1:00pm Total Body April	6:00pm-6:45pm Total Body Dana	11:15am-12:15pm Yoga Allison	4:00 pm -4:45pm Kids Fitness Gavin		Sunday
6:00pm - 6:45 pm Cardio Strength April	6:00pm - 7:00 pm Cycle Michael	4:00 pm -4:45pm Kids Fitness Gavin	5:00pm - 6:00pm Zumba Heesun		8:00am-9:00am Cycle Michael
5:30pm - 6:30pm Cycle Heather	7:15pm-8:00pm Barre Body Jodi	6:00pm-6:45pm Total Body Jodi	6:00pm-6:45pm Cardio Strength Dana		8:30am-9:15am Cardio Strength Dana
7:00pm- 8:00pm Yoga Andrea		5:30pm - 6:30 pm Cycle Alex	6:30pm-7:30pm Cycle Jackie	\$20 no show fee \$10, 3hr cancel	9:30am-10:15am Zumba Heesun
		7:00pm-YOGA Andrea			10:30am-11:45am Yoga & Meditation Travis