



# Group Exercise Schedule

\$ Paid Classes	All Levels
	Beginning/Int.
	Intermediate
	Int./Advanced

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	Bootcamp Sharon 5:30-6:30am	Kettlebell Doug 6am-7am Paid Class	Bootcamp Sharon 5:30-6:30am	Kettlebell Doug 6am-7am Paid Class			
7:30am			Body Basics Rachel 7:30-8:30am			Kettlebell Practice (No instructor) 7:00-8:00am Paid Club	
8:45am	SilverSneakers Rachel 7:30-8:30am				SilverSneakers Liz 7:30-8:30am	Yoga Rachel 8:00-9:15am	Yin Yoga Rachel 8:00am-8:45am
10:00am	Yogalates Rachel 8:45-9:45am	Yoga Jenna 8:45-9:45am	Pilates Kristen 8:45-9:45am	Yoga Jenna 8:45-9:45am	Pilates Kendall 8:45-9:45am		Power Yoga Rachel 8:45-9:45am
10:45am	Get Fit Boot Camp Tracy/Kristen 10:00-11:00am	H.E.A.T. Kendall 10-11am	Boot Camp Tracy 10:00-11:00am	Get NICKed Fit Nick 10:00-11:00am	HEAT Kendall 10:00 - 11:00am	Boot Camp Kristen 9:30-10:30am	Boot Camp Tracy/Kristen 10:00-11:00am
12:00pm	Zumba Barbara 11:00-12:00pm	Vinyasa Yoga Rachel 11:00-12:00pm		Vinyasa Yoga Kendall 11:00-12:00pm			Zumba Sarah 11am-12noon
4:30pm	Boot Camp Derek 12:00 - 12:45pm		Boot Camp Boxing Derek 12:00 - 12:45pm		Zumba Toning Barbara 12:00-1:00pm		Koguma West Karate Club Sensei Berger 12:00-2:00pm
5:30pm		Power Fit Kristen 4:30-5:30pm	Fitness Fusion Rachel 4:30-5:30pm	Power Barre Liz 4:30-5:30pm			
6:30pm	Zumba Barbara 5:00-6:00pm	Bootcamp Sharon 5:30pm-6:30pm	Zumba Brenda 5:30-6:30pm	Total Body Toning Kendall 5:30-6:30pm	Zumba Denise 5:30-6:30pm		
8:00pm	Kickboxing Andrea 6:00-7:00pm	Muscle Works Andrea 6:30-7:30pm	Yoga Flow Beth 6:30-7:30pm	Zumba Sarah 6:30-7:30pm	Koguma West Karate Club Sensei Berger 6:30-8:30pm		UCD Cheer Andrea 6:15-7:15pm Private Program
	Yoga Kendall 7:00-8:00pm	Abs, Back, Core Andrea 7:30-8:30pm	Kickboxing Conditioning Andrea 7:30-8:30pm	Boxing Hector 7:30-9:00pm Paid Class			
	Boxing Hector 8:00-9:30pm Paid Class		Koguma West Karate Club Sensei Berger 8:30-10:00pm				

Group Cycling Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	Mike 6-7am		Lori B. 6-7am		Tiffany 6-7am		
9:00am	Lisa 9-10am	Lori B. 9-10am	Kendall 9-10am	Lisa 9-10am	James 9-10am	Chris 9:15-10:15am	Beth/Erika 8:30-9:30am
5:00pm	Kendall 5:00-6:00pm						
6:00pm	DHS Practice 6:15-7:15pm	Kendall 5:45-6:45pm	Erika 6:00-7:00pm	Lori S. 6:00-7:00pm			

**PASS REQUIRED** Please pick up a pass for this class at the front desk in order to guarantee yourself a spot in that class. Only one class pass per person on a first come basis.

**CLASS DESCRIPTION:** Go to [www.GetFitDavis.com](http://www.GetFitDavis.com) or call 530-759-7746 more info.

Class schedule is subject to change without notice.