



Group Exercise Schedule

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

revised 6.1.2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	Bootcamp Kody 5:30-6:30am	Kettlebell Club 6am-7am <i>Paid Class</i>	Bootcamp Kody 5:30-6:30am	Kettlebell Club 6am-7am <i>Paid Class</i>	Bootcamp Kody 5:30-6:30am		
7:30am				SilverSneakers Liz 7:30-8:30am		Kettlebell Club 7:00-8:00am <i>Paid Club</i>	
	Boom Move Julia 7:30-8:30am		Body Basics Kendall 7:30-8:30am		SilverSneakers Liz 7:30-8:30am	Yoga Julia 8:00-9:15am	Yin Yoga Denise 8:00am-8:45am
8:45am	Yogalates Rachel 8:45-9:45am	Yoga Jenna 8:45-9:45am	Pilates Sandra 8:45-9:45am	Yoga Jenna 8:45-9:45am	Pilates Kendall 8:45-9:45am		Power Yoga Denise 8:45-9:45am
10:00am	Boot Camp Tracy/Kristen 10:00-11:00am	H.E.A.T. Kendall 10-11am	Boot Camp Tracy 10:00-11:00am	Bootcamp Thomas 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
10:45am						Zumba Holly/Sarah 10:30-11:30am	
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
	High Impact 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
4:30pm		Power Fit Kody 4:30-5:30pm	Fitness Fusion Rachel 4:30-5:30pm	Power Barre Kristen 4:30-5:30pm			
5:30pm	Zumba Barbara 5:00-6:00pm		Zumba Denise 5:30-6:30pm	Total Body Toning Kendall 5:30-6:30pm	Zumba Rika, Luciana 5:30-6:30pm		
	Kickboxing Andrea 6:00-7:00pm						
6:30pm		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 <i>Private Program</i>
	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			
8:00pm	Boxing Hector 8:00-9:30pm <i>Paid Class</i>		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	Sarah 6-7am		Lori 6-7am		Sarah 6-7am		
9:00am	Lisa 9-10am	Ray 9-10am	Kendall 9-10am	Lisa 9-10am	Lori 9-10am	Chris 9:15-10:15am	Beth/Erika 8:30-9:30am
5:00pm	Kendall 5:00-6:00pm			Jen S. 5:45pm-6:45pm			Thrive 10-11am
6:00pm	DHS Practice 6:15-7:15pm	Kendall 5:45-6:45pm	Erika 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 or call 530-759-7746 more info.

Class schedule is subject to change without notice.