



GROUP FITNESS SCHEDULE

NOVEMBER 2023

WELCOME CENTER HOURS:
 Mon – Thurs 8 am – 8 pm
 Friday 8 am – 5 pm
 Saturday 9 am – 2pm

STUDIO ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL CLOSED UNTIL JANUARY 2024			Total Body Blast (Kim Z/Daisy) 5:05-5:50 AM		
	Yoga (Teresa) 6:00-6:45 AM		Yoga (Teresa) 6:00-6:45 AM		
Zumba (Elissa) 8:30-9:30 AM	Total Body Blast/HIIT (Annie) 8:30-9:15 AM	Zumba (Elissa) 8:30-9:30 AM	Total Body Blast/HIIT (Annie) 8:30-9:15 AM	Zumba (Elissa) 8:30-9:30 AM	Power Pump (Jen) 8:00-8:50 AM
	Gentle Yoga Flow (Laura) 9:45-10:45 AM		Gentle Yoga Flow (Laura) 9:45-10:45 AM		Δ Yoga (Robert) 9:00 – 10:00 AM
Enhance Fitness SILVER & FIT (Kathy) 10:00-11:00 AM	Advanced Tai Chi (Leo) 11:00-12:00 PM	Enhance Fitness SILVER & FIT (Kathy) 10:00-11:00 AM	Advanced Tai Chi (Leo) 11:00-12:00 PM	Enhance Fitness SILVER & FIT (Kathy) 10:00-11:00 AM	
	Intermediate Tai Chi (Leo) 12:00 – 1:00 PM		Intermediate Tai Chi (Leo) 12:00 – 1:00 PM	SCHEDULE KEY \$ – Paid Program Δ – New Class KID ZONE HOURS (AGES 1-9): M-F 8:00 AM-11:00 AM M-THRS 4:00 PM-7:00 PM SAT 10:00 AM –1:00 PM	
	Beginner Tai Chi (Leo) 1:00-1:30 PM		Beginner Tai Chi (Leo) 1:00-1:30 PM		
\$ LITTLE GRAPPLERS 4:00-6:00 PM	\$ WRESTLING 5:00-7:30 PM	\$ LITTLE GRAPPLERS 4:00-6:00 PM	\$ WRESTLING 5:00-7:30 PM		



STUDIO TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	TRX (Kim Z) 5:05 – 5:50 AM		
	Δ Circuit Training (Kathy) 10:00-11:00am		Δ Circuit Training (Kathy) 10:00-11:00am

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycling (Kim) 5:00 – 6:00 AM	Interval Cycle (Annie) 9:30 – 10:00 AM	Cycling (Kim) 5:00 – 6:00 AM		Cycling (Kim) 5:00 – 6:00 AM

STUDIO THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
\$ Little Ninjas (Dylan) 5:00-5:30 PM	Muay Thai (Dylan) 5:00-7:00 PM	Muay Thai (Dylan) 5:00-7:00 PM	\$ Little Ninjas (Dylan) 5:00-5:30 PM

Classes are subjected to change without notice

Questions? Contact Elissa Morrison, Health & Wellness Director at
health.wellness@bakerymca.org

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