



# GROUP EXERCISE SCHEDULE

|         | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|---------|--|--|---|--|--|--|---|
| 5:45AM  | <b>BOOTCAMP</b><br>Sadie   Studio  | <b>STRENGTH</b><br>Oscar   Studio  | <b>BOOTCAMP</b><br>Sadie   Studio   | <b>MAT PILATES</b><br>Jeremiah   Studio  | <b>BOOTCAMP</b><br>Sadie   Studio  |  |   |
| 8AM     |  | <b>BODY BLAST</b><br>Eve   Studio  | <b>FUNCTIONAL STRENGTH</b><br>Carrie   Studio   | <b>CARDIO BARRE</b><br>Jackie   Studio   |  | <b>YINYASA YOGA</b><br>Baddoura   Studio   |   |
| 9AM     | <b>AQUA AEROBICS</b><br>Jeremiah   Rec Pool<br><b>BODY BLAST</b><br>Sue/Eve   Studio<br><b>KADENCE</b><br>Kristy   Spin Studio | <b>AQUA AEROBICS</b><br>Holly   Rec Pool<br><b>CARDIO KICKBOXING</b><br>Jackie   Studio<br><b>POWER KADENCE</b><br>Kathy   Spin Studio | <b>AQUA AEROBICS</b><br>Zona   Rec Pool<br><b>STRENGTH</b><br>Oscar   Studio              | <b>AQUA AEROBICS</b><br>Holly   Rec Pool<br><b>MAT PILATES</b><br>Eve   Studio   | <b>AQUA AEROBICS</b><br>Eve   Rec Pool<br><b>KADENCE</b><br>Leland   Studio<br><b>TONE UP</b><br>Zona   Studio | <b>AQUA AEROBICS</b><br>Linda K.   Rec. Pool<br>(8:45 AM)<br><b>WARRIOR</b><br>Shayna   Studio | <b>CARDIO BARRE</b><br>Jackie   Studio<br><b>KADENCE</b><br>Revolving   Spin Studio |
| 10AM    | <b>AQUA AEROBICS</b><br>Jeremiah   Rec Pool<br><b>POWER YOGA</b><br>Channon   Studio   | <b>AQUA AEROBICS</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio   | <b>AQUA AEROBICS</b><br>Carrie   Rec Pool<br><b>WELLNESS 3-IN-1</b><br>Sue/Kathy   Studio | <b>AQUA AEROBICS</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio | <b>AQUA AEROBICS</b><br>Carrie   Rec Pool<br><b>STRETCH/MOBILITY</b><br>Jackie   Studio                        | <b>BODY BLAST</b><br>Carrie   Studio   | <b>90 MIN YOGA</b><br>Baddoura   Studio   |
| 11:15AM | <b>MAT PILATES</b><br>Linda   Studio   | <b>ZUMBA</b><br>Evelyn   Studio  | <b>YINYASA YOGA</b><br>Baddoura   Studio  | <b>ZUMBA GOLD</b><br>Holly   Studio  | <b>FUNCTIONAL STRENGTH</b><br>Tina   Studio  | <b>ZUMBA</b><br>Rose   Studio  |   |
| 3PM     | <b>STRETCH/MOBILITY</b><br>Jackie   Studio   |  | <b>ZUMBA GOLD</b><br>Rose   Studio  | <b>WELLNESS 3-IN-1</b><br>Carrie/Linda   Studio                                  |  |  |   |
| 4:15PM  | <b>TONE UP</b><br>Zona   Studio  | <b>MAT PILATES</b><br>Linda   Studio   | <b>CARDIO BARRE</b><br>Jackie   Studio  | <b>YOGA</b><br>Channon   Studio  |  |  |   |
| 5:30PM  | <b>VINYASA YOGA</b><br>Nicole   Studio<br><b>KADENCE/CORE</b><br>Holly   Spin Studio   | <b>ZUMBA</b><br>Gina   Studio<br><b>KADENCE</b><br>Jenn   Spin Studio  | <b>MAT PILATES</b><br>Pari   Studio<br><b>ADULT SWIM</b><br>Brent   Lap Pool              | <b>STRENGTH</b><br>Oscar   Studio<br><b>KADENCE/CORE</b><br>Holly   Spin Studio  | <b>ZUMBA</b><br>Chela   Studio   |  |   |
| 6:30PM  | <b>AQUA AEROBICS</b><br>Baddoura   Rec. Pool   |  | <b>YINYASA YOGA</b><br>Baddoura   Studio  | <b>AQUA AEROBICS</b><br>Nicole M.   Rec. Pool                                    |  |  |   |

Active Wellness Center Petaluma

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